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NEWS WORTH SHARING.

Girls in progress

As the world celebrates International Women's Day, Canadian girls reflect on their wish list for equality and why the day still matters

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UN abductees say they're OK

Filipino peacekeepers abducted by Syrian rebels are seen in a video saying they're safe and treated well but 'cannot go home'

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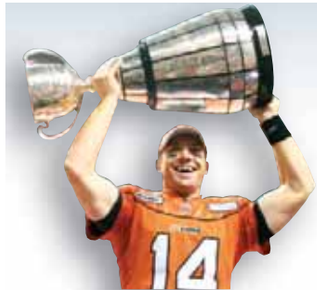

GREY MATTER

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Craft brewers fear U.S. invasion

Limited shelf space. LDB says there's growing demand for craft beer, and it wants to refresh its portfolio

MATT KIELTYKA
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B.C. craft brewers who struggle to get their best beers into local stores are wary that the Liquor Distribution Branch (LDB) is courting competition south of the border.

The LDB confirmed Thursday that portfolio manager Kim Giesbrecht is scheduled to present at the upcoming Craft Brewers Conference & BeerExpo America in Washington, D.C., this month.

Invited by the U.S. Craft Brewers Association, Giesbrecht will be presenting on "how to do business in B.C.," according to a statement from the LDB.

The news upset Paddy Treavor, former president of the Vancouver chapter of CAMRA (Campaign for Real Ale) and author of the VanEast Beer blog.

Earn the space

"I like seeing B.C. brews get on the shelves, but there's only so much space. The listing has to be earned."

Michael Tod, owner and director of sales at Parallel 49 Brewing Company

"Many small B.C. craft breweries have trouble getting their products listed by LDB and now they're trying to lure in competition?" Treavor said. "If you want to look at the big picture, (LDB) is a branch of the government. They've got to spur on the local economy."

The LDB denied Metro an interview with Giesbrecht but is defending the trip, saying its listings for B.C. small and medium-sized breweries currently outnumber U.S. craft brews 160 to 30.

"The province is very supportive of B.C.'s craft brewing industry, providing preferential mark-up rates for small to medium-sized breweries. This has significantly impacted the growth and stability of our craft brewery sector," the LDB statement reads. "Given the growing demand for craft beer, the LDB continues to look for products to enhance and refresh its portfolio. This may include offerings from craft brewers in the U.S."

Local brewers remain diplomatic at the prospect of increased competition for shelf space at public stores.

"It's the playing field that we're on," said Rick Dellow of Vancouver's R&B Brewing, which is just rolling out six packs of its Raven Cream Ale and East Side Bitter this week. "The LDB exists to make the government money."

Michael Tod, owner and director of sales at Parallel 49 Brewing Company, maintains that the LDB system works "overall." Tod said he hopes Vancouver can one day be coined "Portland North," a nod to Oregon's successful craft brew industry.

Until then, "as a consumer" he wouldn't mind picking up a few quality U.S. craft brews along with local beers during his next shopping trip.

Rick Dellow feeds bottles into the labeller at R&B Brewing Co. on Wednesday. B.C craft brewers are wary that the Liquor Distribution Branch is trying to woo competitors south of the border. ERIC DREGER/THE CANADIAN PRESS

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NEWS 1

Municipalities riled up over Surrey coal-export expansion

Fighting back.
Mayor Robertson will introduce a motion next week to ban future coal-export infrastructure in Vancouver

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver and White Rock aren't down with coal-export expansion plans, even though they're outside the cities' limits.

Mayor Gregor Robertson will introduce a motion next week to ban any future coal-export infrastructure in Vancouver. He also wants to write the premier and prime minister to express concerns about potential health impacts regarding the development of a coal facility at the Fraser Surrey Docks, which applied last fall to handle up to four million tonnes of coal.

Vancouver Coastal Health and the Fraser Health Authorities should be involved with the port's planning and project review, and health-impact assessments should be done for all projects, Robertson states in his motion.

White Rock's city council will decide whether to write Surrey to request it not proceed with the project due to extra trains and coal dust.

Voters Taking Action on Climate Change applauded Vancouver for taking leadership on addressing health concerns.

But the flurry of opposition regarding coal's impacts hasn't come from the municipalities most affected, namely Surrey and New Westminster.

Surrey Mayor Dianne Watts has some concerns about the project regarding coal dust, noise, safety and train lengths, but council isn't looking for an outright ban on coal-export expansions.

"We have to be pragmatic. This is within the federal laws and jurisdictions, which override anything we may want to ban or put a moratorium on," she said. "My ultimate goal is to get our concerns dealt with."

Port Metro Vancouver gave the OK for coal-export expansion at Neptune Bulk Terminals, as seen from East Vancouver, earlier this year. JENNIFER GAUTHIER/METRO

Duncan Wilson, the port's vice-president of corporate social responsibility, said he's "confident" in the port's dust suppression and noise requirements and is satisfied with the railways' efforts to do the same. The project-review process includes environmental and health reviews, he added.

Yet the bigger issue of climate change poses a challenge, as the federal government controls what is exported.

"There are many layers to the discussion that absolutely we should talk about, but it's bigger than our permit process," he said. "We have limited scope of authority — people get frustrated just by us saying that."

A decision on the Fraser Surrey Docks is expected within weeks.

Watchdogs urge B.C. to invest in green economy

Three prominent environmental watchdogs launched a campaign Thursday calling on B.C.'s political parties to abandon the revenue neutrality of the carbon tax and put the proceeds into energy-saving measures, such as public transit.

The proposal for a Better Future Fund envisions the carbon tax being ratcheted up from the current $30 per tonne to $50 by 2016, which they say could generate between $800 million and $1 billion in new revenue each year. That would add slightly more than one cent to the price of a litre of gas at the pump.

Proponents of the David Suzuki Foundation, Pembina Institute and Clean Energy Canada at Tides Canada noted polling shows two-thirds of British Columbians support the carbon tax, and in places like Norway it is as high as $71 per tonne.

"Carbon pricing in British Columbia has really proven successful," said Merran Smith, director of Clean Energy Canada at Tides Canada.

"Our emissions are going down, and as we all know, the economy here is doing well."

Environment Minister Terry Lake said he agrees in principle that the carbon tax should continue to rise but that the Better Future Fund proposal amounts to a tax increase that voters don't want.

"I don't think our economy is in the type of position where people would be willing to have such a large tax increase, and that's not what we're about at the moment," he said.

NDP environment critic Rob Fleming could not say whether the NDP would support increasing the carbon tax before its election platform is released in April but did say he supports making the tax revenue-positive by eliminating some of the corporate tax cuts the Liberals brought in.

KATE WEBB/METRO

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Study. Drug industry could go to pot if Canada nixes cash: UBC prof

Canada could bust drug criminals and make $18 billion per year if it gets rid of cash, according to University of British Columbia research.

Given the high cost of producing hard currency and the prevalence of debit- and credit-card payments, the government should consider getting rid of cash to cut down on illegal transactions, according to UBC finance professor Maurice Levi's study published in the Journal of Payment Strategy and Systems.

"The drug kings are not going to want to run through AMEX cards," Levi said Thursday.

Using information from Statistics Canada and other federal and provincial resources, Levi estimated the government loses $17.9 billion each year to illegal activities such as the drug trade and tax evasion. His estimates include health, law enforcement and incarceration costs.

Meantime, the government only earns about $4.4 billion from printing money, Levi said.

While illegal drug activity would persist, probably with U.S. dollars, "it would be very difficult to operate that industry" if most transactions were traceable, Levi said.

"The bottom line of the research is who's providing the means of exchange for the criminals: It's the government," he said.

The government has yet to take any definitive moves on going cashless, but the mint is developing a digital currency dubbed MintChip. Privacy and access to capital for people who can't get credit could be challenging in a cashless realm, but Levi said social assistance could be distributed on a loaded card instead of by cheque.

EMILY JACKSON/METRO

Home recovering

Police officer hit by car while chasing suspect

Not even getting hit by a car could stop this Vancouver police officer from catching a suspect.

The officer was running after a man involved in an alleged assault near Stanley Park on Wednesday afternoon when a woman driving a blue or purple sedan hit him, according to a police news release.

Despite his injuries, he picked himself up and continued chasing the man on foot. When the officer caught the man, he was allegedly punched and struck on the head with a rock before other officers arrived and the man was arrested.

The officer is home recovering after being treated at hospital for numerous cuts and swelling to his arms, legs and face.

Police charged Surrey resident Carlos Armando Flores-Acosta, 34, with assault, assaulting an officer, assault with a weapon, assault to resist arrest and with obstructing an officer.

Police hope to interview the woman driving the car about what she witnessed.

EMILY JACKSON/METRO

A pair of herons sit in their nest near the park-board office in Stanley Park on Thursday. ERIC DREGER/THE CANADIAN PRESS

Heron homecoming at Stanley Park

Familiar sight. 36 nests now occupied in trees above park-board office and tennis courts, but officials are expecting more

CARA MCKENNA
The Canadian Press
exclusively for Metro

Stanley Park is hosting a colourful homecoming this week, as Pacific great blue herons return to the same nesting spots they've occupied for the last 13 years.

The herons started arriving in the trees above the park-board office and tennis courts last Sunday.

There are currently 36 occupied nests, but Robyn Worcester, conservation programs manager for the park, said there were 86 last year and officials are still expecting more.

"They trickle in. Usually the males come in first and they pick their nest site, then females arrive shortly after. Usually we'll have a few settle in, and then more and more," said Worcester.

"There were at least 55 herons on Tuesday."

Pacific great blue herons are considered a species of "special concern" by the Species at Risk Act, meaning they are likely to become endangered.

In parts of the region, development has pushed the herons out of their natural habitat.

Wayne Goodey, a lecturer of zoology at UBC, said the herons likely nest in Stanley Park year after year due to familiarity and a decreased fear of people.

"As long as the habitat conditions are acceptable and water and food is nearby, people around aren't as important," said Goodey.

"If the characteristics of a site have been consistent year after year, there's no reason for them to seek other sites. The default is to simply go with what they've experienced. And, of course, they were all born in those sites, so it's never surprising they should go back to the same site, having had the experience of the site when they were young."

Herons have been nesting in Stanley Park in different areas since the 1920s.

Worcester said the number of herons in the park has fluctuated year after year.

"They first took up residence at the current location in 2001 and there were just a couple nests. It really peaked with the most nests being in about 2004 or 2005."

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Michael Audain announced a $5-million gift to Emily Carr University of Art and Design on Thursday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Philanthropist Audain gives $5M for Emily Carr expansion

Visionary support. Gift like 'an earthquake,' says school president

Emily Carr University's plan to expand its visual-arts school is looking good, after a multimillion-dollar donation from businessman and philanthropist Michael Audain.

The chairman of Polygon Homes announced a $5-million gift on Thursday for the expansion of the campus on Great Northern Way in Vancouver.

It's the largest individual private donation in the university's history, spokesman Barry Patterson said.

"No other donor in the history of this university has shown this kind of visionary support," Patterson said.

Ron Burnett, president of Emily Carr, likened Audain's gift to an earthquake for the arts scene in Canada.

"Michael, you've done more than you know," he said at a news conference at the school's campus on Granville Island.

Audain's contribution adds to $113 million already promised by the provincial government toward the estimated cost of the $134-million campus.

"It is now up to the rest of us to raise the balance," Audain said.

The school is already well-known nationally and internationally, with alumni and faculty work exhibited at the Vancouver Art Gallery and New York's Museum of Modern Art, among others.

Some of the school's most-notable alumni include award-winning artists Sonny Assu, Marianne Nicholson, Corin Sworn, Brian Jungen and writer and designer Douglas Coupland.

A proposed Audain School of Visual Arts aims to attract the finest visual artists from around the world, the university said. THE CANADIAN PRESS

David Black proposal. Clark keen on $25B oil-refinery plan

Premier Christy Clark has come close to offering her government's endorsement of a proposed $25-billion oil refinery at Kitimat in northwest British Columbia.

Clark told the legislature on Thursday that the refinery proposal being put together by media mogul David Black nearly meets the province's five conditions for allowing heavy oil projects in the province.

"Our government wants to use every tool at our disposal to move the proposal forward where it can be judged on its merits by a robust, rigorous and, most importantly, independent environmental process from political influence," she said.

She compared Black's proposal to her government's support of liquefied natural gas exports.

"Our government takes the view that we should work together to address legitimate environmental and safety concerns and find a way to get to 'yes' on projects that will grow our economy," she said.

Clark said refining oil in B.C. will keep more money in the province, and with Black driving the development, it ensures the project will be B.C.-owned. THE CANADIAN PRESS

Jobs, jobs, jobs?

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Clark said Black's proposal calls for 6,000 construction jobs and 3,000 full-time jobs once the refinery is complete.

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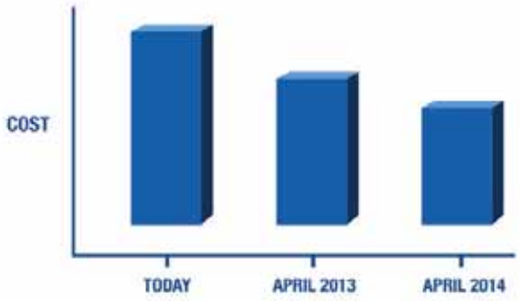

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Lawyer deserves house arrest, not prison: Defence

10-18 months. Crown says Mastop gave gang search-warrant info regarding informant

NEAL HALL
The Canadian Press
exclusively for Metro

A lawyer who pleaded guilty last December to getting too close to the criminals he was defending and inadvertently passing on police information should be sentenced to 10 to 18 months of house arrest, a defence lawyer urged a judge Thursday.

David Crossin said while his client, William Mastop, crossed the line into criminal conduct, there were worse cases of lawyers breaking the law.

William Mastop THE CANADIAN PRESS

The defence lawyer pointed out during a sentencing hearing that one lawyer was caught trafficking heroin, which carries a maximum sentence of life in prison, and another lawyer offered a complainant $2,000 to drop an assault charge, Crossin told B.C. Supreme Court Justice Mark McEwan at the week-long sentencing hearing, which continues Friday.

The judge is expected to reserve imposing sentence until a date in the near future.

The sentence is expected to be precedent-setting because Mastop is the first lawyer in Canada to be convicted of aiding a criminal gang for the benefit of a criminal organization. Mastop pleaded guilty last December.

The Crown contends that Mastop gave the gang search-warrant information involving an unnamed informant, information the gang later used to kill two people they wrongly thought were informants.

The Crown prosecutor had urged the judge to impose a prison sentence of up to three years.

Anti-gentrification picket expands

The DTES Anti-Gentrification Collective expanded their picket of Pidgin restaurant to include the site of a condo development on the 100-block of East Hastings Street on Thursday. JENNIFER GAUTHIER/METRO

Osoyoos, B.C.

Memory, hip implant help solve cold case

High-tech ID methods were helpful, but good memory and grunt work are the keys that helped B.C. Mounties and U.S. officials crack a cold case. Investigators have worked since 2007 to find Miguel Joao Goncalves. Meanwhile, police in Washington have been trying to identify the remains of a man found along the banks of the Okanogan River.

Law-enforcement agencies shared details of the cases last year, including the fact that the unidentified man had a hip implant — though attempts to track the implant to identify the victim hit a dead end.

Fast-forward several months to the BC Police Missing Persons Centre as an investigator reviewed historical missing-persons cases and remembered Goncalves' file showed he had an implant.

U.S. authorities were able to make a match, resolving the more than six-year-old mystery and providing some closure for the Goncalves. THE CANADIAN PRESS

Economic concerns

Committee calls for fish-farm rules

Members of a federal fisheries committee say it may be technically possible to raise salmon in tanks in the ocean and on land, but questions linger about doing so economically. The comments were included in a report released by the House of Commons' standing committee on fisheries and oceans, which agreed to study closed-containment salmon aquaculture in October 2011. THE CANADIAN PRESS

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Pop-up shops get new home at Chinatown Experiment

Entrepreneurship. Dedicated space to help community of small business owners with city's notoriously high rents

EMILY JACKSON
emily.jackson@metronews.ca

Selling vintage clothing in their own retail space seemed like a distant-future dream for Lyndsey Chow and her business partner.

But the Chinatown Experiment, a space at Columbia and Hastings dedicated to hosting small businesses for short periods of time, has made it easier to sell their products despite Vancouver's notoriously high rents.

Chow, 25, can rent the 750-square-foot space for their shop, Hey Jude, for just a few days at a time to save on cash and learn from the community of entrepreneurs that uses the space (Hey Jude will be there until Sunday).

"It seemed like that perfect stepping stone to a permanent store that was affordable and tangible and within our reach," Chow said.

While pop-up shops are nothing new — these temporary retail spaces have long been popular in the U.S. and are gaining more traction in Toronto — the Chinatown Experiment is the city's only dedicated space for entrepreneurs to both gain exposure and form a community, said founder Devon MacKenzie.

He started the non-profit company to help young creative types test their ideas without the massive investment and risk.

"The costs associated with starting a retail business here are astronomical and shut a lot of entrepreneurs out," he said. "It doesn't matter what levels of inventory you have, we will group your product with others in a similar industry to create a collaborative pop-up shop that will run for short terms."

Entrepreneurs can rent the space for as little as one day and up to two weeks.

Before MacKenzie opened this space, Chow found it more difficult to find temporary rentals in places such as art galleries. "It's nice to have a location where his purpose is for pop-ups like us," she said.

In a city where the creative community has felt pushed out with the recent closures of the Waldorf Hotel and the W2, Chow said it's good to have a supportive space that encourages ideas.

Lyndsey Chow poses in front of a rack of clothes at Hey Jude, a pop-up shop inside the Chinatown Experiment.
JENNIFER GAUTHIER/FOR METRO

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Abducted UN troops appear in new videos

Golan Heights.
Peacekeepers say they're safe, but incident likely to heighten Israeli jitters about Syrian civil war

Several United Nations peacekeepers who were abducted by Syrian rebels said in videos posted online Thursday that they are safe and being treated well, even as activists reported clashes and shelling in the tense border area with Israel where the Filipino troops were being held.

Opposition fighters detained 21 peacekeepers near the village of Jamlah in the Golan Heights on Wednesday — the first time UN troops have encountered trouble since they began patrolling an Israeli-Syrian armistice line dividing the plateau nearly 40 years ago, said Timor Goksel, a Beirut-based former UN official in the region.

One of the videos posted online shows three men dressed in camouflage and blue bulletproof vests emblazoned with the UN and Philippines. "We, the UN personnel here, are safe, and the Free Syrian Army are treating us good," one of them says in English. "We cannot go home because the government of (President Bashar) Assad do not stop the bombing."

The second video shows six peacekeepers sitting in a room. An officer says that as their convoy came under shelling on Wednesday, "we stopped and civilian people helped us for our safety and distributed us in different places to keep us safe." THE ASSOCIATED PRESS

Free Syrian Army fighters stand next to UN Disengagement Observer vehicles near Golan Heights in Daraa, Syria. THE ASSOCIATED PRESS

Too close to call in Kenya

A supporter of the Coalition for Reforms and Democracy (CORD) listens to the results of Kenya's election on his radio in Nairobi, Kenya, Thursday. Kenya's presidential race tightened as new results pushed the leading candidate below the crucial 50 per cent mark needed to win outright. A final result was expected Friday, but the close race and a troubled vote count are sparking fears of the kind of violence that ripped through the country after its last national election.
SAYYID AZIM/THE ASSOCIATED PRESS

Venezuela

Chavez's body to go on display

Venezuela's acting president says Hugo Chavez's embalmed body will be permanently displayed in a glass casket so that "his people will always have him." Vice-President Nicolas Maduro says the remains will be put on permanent display at the Museum of the Revolution, close to the presidential palace.
THE ASSOCIATED PRESS

North Korea

U.S. prepared for nuclear attack

The U.S. is fully capable of defending itself against a North Korean ballistic missile attack, the White House said Thursday, after Pyongyang threatened a pre-emptive nuclear strike on the U.S. The threat came ahead of a vote in the UN Security Council approving its toughest sanctions yet on North Korea in response to an atomic test last month. THE ASSOCIATED PRESS

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Justice system thoroughly failing aboriginals: Report

Correctional investigator Howard Sapers speaks on the findings of a special report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

Quarter of all prisoners.
Transfer provisions for aboriginals rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aboriginals behind bars but also for failing to keep them out of jail.

Accusation

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. THE CANADIAN PRESS

Journalist killed

Supreme Court weighs suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body after her imprisonment.

In 2003, Kazemi was taking pictures of protesters in Tehran. Kazemi was detained, tortured and raped in the notorious Evin prison. THE CANADIAN PRESS

To die with dignity

Pierre Trudeau chose death over dementia: Book

Pierre Trudeau's motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A new e-book from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Justin Trudeau himself does not dispute the account by Althia Raj in Contender: The Justin Trudeau Story, which suggests his father made the decision six months before his death in September 2000. THE CANADIAN PRESS

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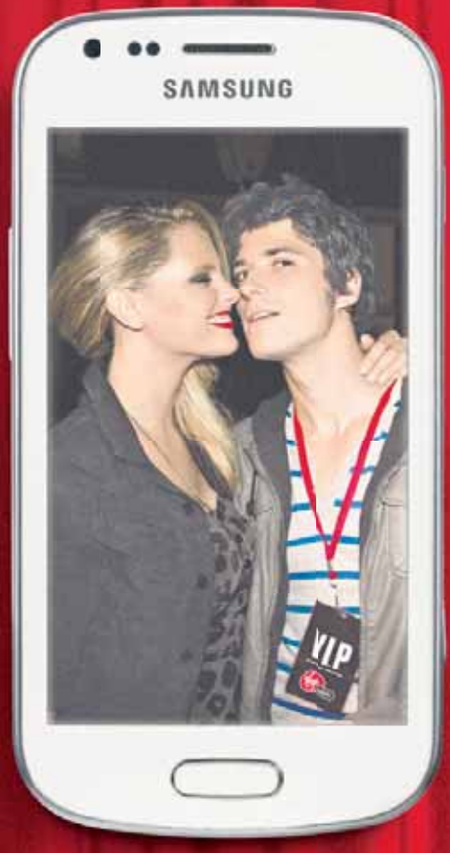

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Caffeine gives flowers power over bees

Bee my pollinator?
Study says plants lure honeybees by spiking nectar with memory-boosting ingredient

Buzzworthy: A honeybee visits a citrus flower in this undated image. A new study says honeybees get a shot of caffeine from certain flowers that spurs them to return to the same type of plant. GERALDINE WRIGHT/THE ASSOCIATED PRESS

Talk about a caffeine buzz: A new study says honeybees get a shot of caffeine from certain flowers, and it perks up their memory.

That spurs them to return to the same type of plant, boosting its prospects for pollination and the future of the plant species.

Maybe it shouldn't be a surprise that one of the flowers is the coffee plant. Its nectar offers about as much caffeine concentration as a cup of instant coffee, according to researchers.

But some citrus plants serve caffeine too, albeit in lower concentrations. It's found in the nectar of orange and grapefruit blossoms.

The caffeine helps a bee remember that the flower's scent promises a tasty payoff, the researchers said. So the bee will seek out those flowers, transferring their pollen.

How could researchers tell the caffeine boosts a bee's memory? In an experiment that used lab tools instead of flowers, they trained individual bees to expect a sugary drink when they smelled a certain floral scent. Some bees got nectar-like concentrations of caffeine in their drink; others didn't.

Then after a day or more, they exposed the insects to the same scent and watched to see if they extended their feeding tubes in response, a sign they were ready to sip. After 24 hours, the bees that had gotten caffeine were three times as likely to remember as bees that hadn't. After 72 hours, they were twice as likely.

The work, by Geraldine Wright of Newcastle University in England and co-authors, was reported Thursday by the journal Science.

THE ASSOCIATED PRESS

Flood study on Mars goes underground

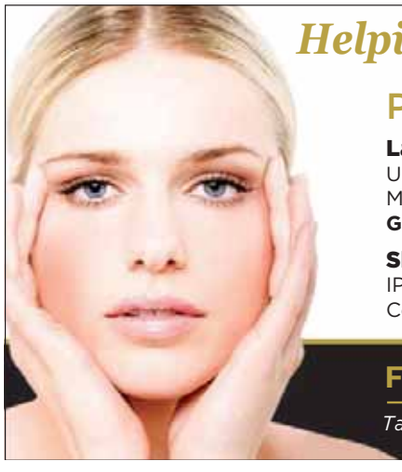
The face of Mars is dotted with a maze of channels, pointing to possible ancient megaflood episodes.

Now scientists peering below the surface have uncovered the first evidence of underground channels apparently created by flooding — a finding that's expected to further illuminate the role of water in Mars' history.

Using a ground-piercing radar sensor aboard the Mars Reconnaissance Orbiter, a team of scientists created 3D maps of an equatorial region known as Elysium Planitia and the channels that run underneath the plains.

Besides the contributions from rovers and landers, "our view of the red planet has largely been restricted to looking at the surface" from orbiting spacecraft, said lead researcher Gareth Morgan, a planetary scientist at the Smithsonian Institution.

The research, published online Thursday in the journal Science, offers a new perspective below the Martian surface and hints of past flooding at a time when the planet was mostly thought to be cold and desert-like. The channels remained hidden because the once volcanically active region had been filled in by lava flows hundreds of millions of years ago. THE ASSOCIATED PRESS



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Medical examiner

Pics of unidentified bodies posted on Chicago website

In a controversial decision, the Cook County Medical Examiner's Office in Chicago has begun posting photos of unclaimed dead bodies on its website.

The hope is that this will lead to the identification of the bodies, and in turn, result in closure for the families.

The site was launched on Wednesday.

Medical examiner Steve Cina says that though some of the images may be graphic, he believes it's a worthwhile practice, even if some people find the methods disturbing.

The website carries a disclaimer that there could be graphic images, some displaying bodies in a somewhat decomposed state. Only a few images display the faces of the dead. TORSTAR NEWS SERVICE

Italy

Berlusconi convicted in wiretap case

Former Italian prime minister Silvio Berlusconi was convicted Thursday over the illegal publication in a newspaper owned by his media empire of wiretapped conversations related to a bank-takeover attempt.

A Milan court found Berlusconi guilty of breach of confidentiality and sentenced him to one year in jail, though it did not issue an order on carrying out the sentence. In Italy, it is rare for anyone to be put behind bars pending a possible appeal except in the case of very serious crimes like murder.

The verdict comes after February national elections failed to elect a clear winner. Berlusconi's centre-right coalition finished second. THE ASSOCIATED PRESS

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Bolshoi soloist Pavel Dmitrichenko listens in a courtroom in Moscow on Thursday. The star dancer accused of masterminding the attack on the Bolshoi ballet chief acknowledged Thursday that he gave the go-ahead for the attack, but said he did not order anyone to throw acid on Sergei Filin's face. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Bolshoi dancer says he backed beating, but not acid attack

Moscow. If convicted, Pavel Dmitrichenko faces up to 12 years in jail

Pale and haggard after hours of questioning, a leading Bolshoi dancer told a Moscow court that he gave his blessing to an attack on the ballet's artistic director but never imagined that the assailant would go as far as to throw acid in his face.

The arrest and confessions of Pavel Dmitrichenko, who danced the parts of both heroes and villains in the Bolshoi's famed classical ballets, have dealt a painful blow to the theatre's reputation and left many members of the company bewildered and incredulous.

Sergei Filin, 42, suffered severe burns to his face and eyes in the Jan. 17 attack. He has undergone a series of operations aimed at saving his sight.

The 29-year-old Dmitrichenko said his conflict with Filin was focused on the distribution of salaries and other financial issues.

Facing the judge on Thursday, Dmitrichenko said he had told the suspected perpetrator of the attack about his grievances concerning the Bolshoi and his arguments with Filin.

"I told Yuri Zarutsky about the policies of the Bolshoi Theater, about the bad things going on, the corruption. When he said, 'OK, let me beat him up, hit him upside the head,' I agreed, but that is all that I admit to doing," Dmitrichenko said in court. "It's not true that I ordered him to throw acid at Filin." THE ASSOCIATED PRESS

Why?

Speculation has been rife about other possible motives for the attack. Some claimed that the dancer wanted to take revenge for his ballerina girlfriend after she was turned down for a major role, while others pondered conspiracy theories alleging the involvement of other top figures in the theatre.

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Public-sector watchdog

Border guard mixed with mob

A Canadian border guard had known ties to organized crime, protected his underworld associates and used his own position to evade the law, an investigation by the federal public-sector watchdog has found.

The guard's connection to organized crime dates back to before he joined the Canada Border Services Agency, an association his supervisors have known about for at least four years, public-sector integrity commissioner Mario Dion reported on Thursday.

But it took someone blowing the whistle to Dion's office last year before CBSA launched an internal investigation, which ultimately led to the officer being fired.

The guard had been warned in the past about maintaining his connections to the criminal underworld, but didn't change his behaviour, Dion said in an interview after his report was tabled in the House of Commons. THE CANADIAN PRESS

Polar bear trade ban voted down

Endangered status.
Inuit claim the ban would have threatened their way of life

A proposal by the United States to ban cross-border trade in polar bears and their parts was defeated on Thursday at an international meeting of conservationists, marking a victory for Canada's indigenous Inuit people over their big neighbour to the south.

Delegates at the triennial meeting of the Convention on International Trade in Endangered Species, or CITES, rejected Washington's proposal to change the status of the polar bear from a species whose trade is merely regulated, not banned.

The proposal fell far short of the two-thirds needed to pass, garnering 38 votes in favour, 42 against and 46 abstentions. A similar proposal was defeated three years ago at the last CITES meeting.

While support for most of the meeting's 70 proposals covering the trade in other species fell along predictable lines, the U.S. proposal made for some odd bedfellows. Russia endorsed Washington's proposal, which was also supported by a cluster of animal humane societies. Canada was joined in opposition by some of the larger conservation organizations, including the CITES Secretariat and the Wildlife Trade Monitoring Network, better known as TRAFFIC.

The United States had contended that climate change was dangerously shrinking the bears' habitat, and that pre-emptive measures were needed to save them.

The Inuit contended that polar-bear populations were not declining, and that Canada was regulating the hunting of the bears in sustainable numbers. The tribal group said people's livelihoods would be threatened by a ban. THE ASSOCIATED PRESS

A member of a wildlife organization stands with a stuffed polar bear before voting on a U.S. proposal to change the status of the polar bear to a species whose trade is banned. The vote took place on Thursday in Bangkok at the Convention on International Trade in Endangered Species. SAKCHAI LALIT/THE ASSOCIATED PRESS

Bear market

28,000

The global population of polar bears is estimated to be 20,000 to 28,000, with about two-thirds in Canada.

Northern reaction

A victory for the Inuit

Inuit hunters are celebrating the defeat of a proposal that would have forbidden the cross-border trade in polar-bear parts.

But both Inuit leaders and scientists say the fight isn't over and the issue is likely to resurface.

Bear expert Andrew Derocher says Canada can buy itself time by ensuring its bear management includes the latest environmental information, including assessments of shrinking sea ice. THE CANADIAN PRESS

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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics, and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: a future for women and girls that is safe, healthy and rewarding.

Go Girls actively nurtures confidence and leadership

Mentorship. Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER MELO
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

What's your wish for International Women's Day?

S: In every country for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.

M: For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

How can girls and women support one another?

M: Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being jealous or bitter about it.

What's the value of having a female mentor?

S: If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.
M: A female role model is someone that you can probably more easily relate to and can aspire to be like.

Sadhaf and Monica strike a tree lotus pose. JENNIFER MELO/FOR METRO

What makes Go Girls special?

S: It teaches girls to always be themselves, to gain confidence and not to be scared of who they are.

What lessons did you learn from the program?

S: I learned how to receive a girl's heart. I learned how to gain their friendship.
M: Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

TO LEARN MORE ABOUT THE CANADA-WIDE PROGRAM, TO SIGN UP AS A MENTOR OR OFFER SPONSORSHIP, SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA

Watch Status Quo? and see why feminism ain't dead

"We've been so quick to proclaim that 'feminism is dead' while countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca. NATIONAL FILM BOARD OF CANADA

Essay

The other F word

DELIA MACPHERSON
For Metro Canada

Feminism:
• the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)

There's a perception among the younger generation that feminism has come and gone. Speeches were made, bras were burned and somewhere in the aftermath equality happened.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one.

Like most educated Canadian youth, he not only believes, but knows, that men and women are equal in every right, with the exception of maybe physical strength But does it matter if he knows he's a feminist?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

Part of the nonchalant attitude of youth may be due to the media, where the line between sexist and empowering is not always clear.

Films that depict violence against women are praised. Angelina Jolie's character in Tomb Raider is perceived to be an empowered woman. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Not to mention she says nothing intelligent in the entire flick.

Depending on your views, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him.

Why worry or think about sexism in a world where women and men are equal?

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Breaking through the 'hidden epidemic' of violence against women

Deep-seated. Despite decades of public-awareness campaigns, violence against women is rampant, even in developed countries. In partnership with UN Women, Metro investigates

ELISABETH BRAW
Metro World News in London

On one January day in Guatemala, six women and two girls were murdered.

"I haven't been able to find a reason for the murder," says mother Rosa Franco, whose 15-year-old daughter Maria Isabel was killed. "But such is life as a woman in this country full of corrupt authorities. I suspect several people, including a 45-year-old drug dealer who'd been harassing my daughter since he asked to go out with her but she refused."

Welcome to our 21st century world, where violence against women is still common.

"Violence against women is a hidden epidemic, and hidden is a very important word," notes Ann Veneman, the former Executive Director of UNICEF.

"We all know that women are getting raped as a weapon of war in places like the (Democratic Republic of Congo), but in the developed world the problem is hidden."

Most violence against women occurs in their homes, committed by their boyfriends or husbands.

"Partner violence often has a psychological component, which makes it harder to measure," notes Markku Heiskanen, an expert in domestic violence at the European Institute for Crime Prevention and Control. "And women want to protect their partners. When they talk about previous partners, they mention violence much more."

While violence against women is still all too common, there are positive signs of change, even in countries where it has long been tolerated. ISTOCK

Fact sheet

One-third of women will experience violence at least once in their lives.

- **It still happens in developed countries.** Forty- six per cent of Swedish women report having been victims of violence.
- **Human trafficking.** Women and girls make up 80 per cent of victims.

It's never OK

"There is one universal truth, applicable to all countries, cultures and communities: violence against women is never acceptable, never excusable, never tolerable."

United Nations Secretary-General Ban Ki-moon

Young women especially bear the brunt of men's aggression. Nearly half of all sexual assaults worldwide are committed against girls under 16.

"In many cases it's girls from difficult homes who are trapped by men who say they love them but are really (pimps)," says Veneman.

"What goes on in these cases is quite extraordinary."

But there's good news.

Safe houses for women are being built, even in countries where violence against women has long been tolerated.

Victims are being trained in occupations so they can earn their own money.

In India, the Delhi gang rape of a young woman led to unprecedented protests.

And in China, the death sentence of Li Yan, a woman convicted of killing her husband after being abused by him for years, caused a rare public outcry.

On Valentine's Day this year, the global organization V-Day arranged One Billion Rising, a record-breaking event for protesting violence against women.

And this month, global leaders convene at the UN headquarters in New York to address a problem that is still all too common.

Analysis

Violence still hits too close to home

MAGGIE SAMWAYS
Global Editor in Chief
Metro World News

This is serious: Rihanna is back with Chris.

Three years after he bit, clawed and punched her from across a Lamborghini console, it seems from recent appearances, photographs and social-media posts, pop superstars Rihanna and Chris Brown have reconciled and are still in a relationship.

India is in the spotlight. The trial of five men charged with the crushingly brutal gang rape and murder of a young Indian medical student has been fast-tracked in Delhi, while three sisters — aged five, nine and 11 — who went missing from their village on Valentine's Day were found raped, murdered and dumped into a well.

"Blade Runner" Oscar Pistorius stands accused of murdering his girlfriend, amid swirling accusations of paranoia and an obsession with firearms.

Violence against women is in the headlines but it's also in millions of bedrooms, workplaces and relationships — behind closed doors, silent mouths and averted eyes.

In recognition of Women's Day, Metro, together with the United Nations, will celebrate womanhood with the aim to raise awareness of violence against women across the globe. It's our hope that in Women's Days to come, we can celebrate the eradication of violence, full stop.

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No mother, sister or daughter — no woman — ever earned it, deserved it or 'asked for it.'

In lean times, startups are a good choice for new grads

Jobless generation. Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession

TAKARA SMALL
takara.small@metronews.ca

Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a name for ourselves" he says. The company, which he helped start after graduating from Seneca College, now boasts a dozen clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011, and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a job-hungry generation faced with lower or nonexistent wages to look elsewhere for opportunities.

Rebecca Basi, 23, sees working for startups as the most viable option for ambitious youth. The marketing coordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to network. Initially, she turned to small firms to pad her resumé, but now can't see herself working for anyone else.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business."
  — Nicholas Wiktorczyk, co-founder of Spently, which provides interactive email receipts

Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

Online

Visit metronews.ca for more tips from entrepreneurs who attended DX3.

Market Minute

DOLLAR
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TSX
12,826.52 (-5.45)

OIL
$91.56 US (+$1.13)

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$1,575.10 US (+20¢)

Natural gas: $3.59 US (+12¢)
Dow Jones: 14,329.49 (+33.25)

Spring cleaning

Facebook revamp aims to declutter News Feed

Facebook is trying to breathe new life into its social network with a redesign of its News Feed. Amid complaints that the company's site has become a jumble of monotonous musings and random pictures, the overhaul, which began rolling out Thursday, offers controls that allow users to create streams of photos and other material in organized sections.

The idea is to turn the News Feed into something more like a newspaper custom-made to suit each user's particular interests.

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THE NOT-SO-SWIFT RESPONSE

The List

Mike Benhaim
metronews.ca

1 **Keeping the crown.** Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz, Charles?" OK, there were no real sources, but I like to think that's what happened.

2 **Milk and honeys.** Playboy launched the first Hebrew edition of their magazine this week with domestic content including articles by native writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty so newsstand shelves will be covered with a sheet.

3 **An email for your thoughts.** An Orwellian prophecy is materializing in Brazil where the actual thoughts of a rat were recorded by electric sensors, and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and J-Woww.

4 **To boldy go...** Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now, they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-person crew will recycle their own "emissions" which will then be stored in bags to line the capsule, clarifying orders to "get their s--t together."

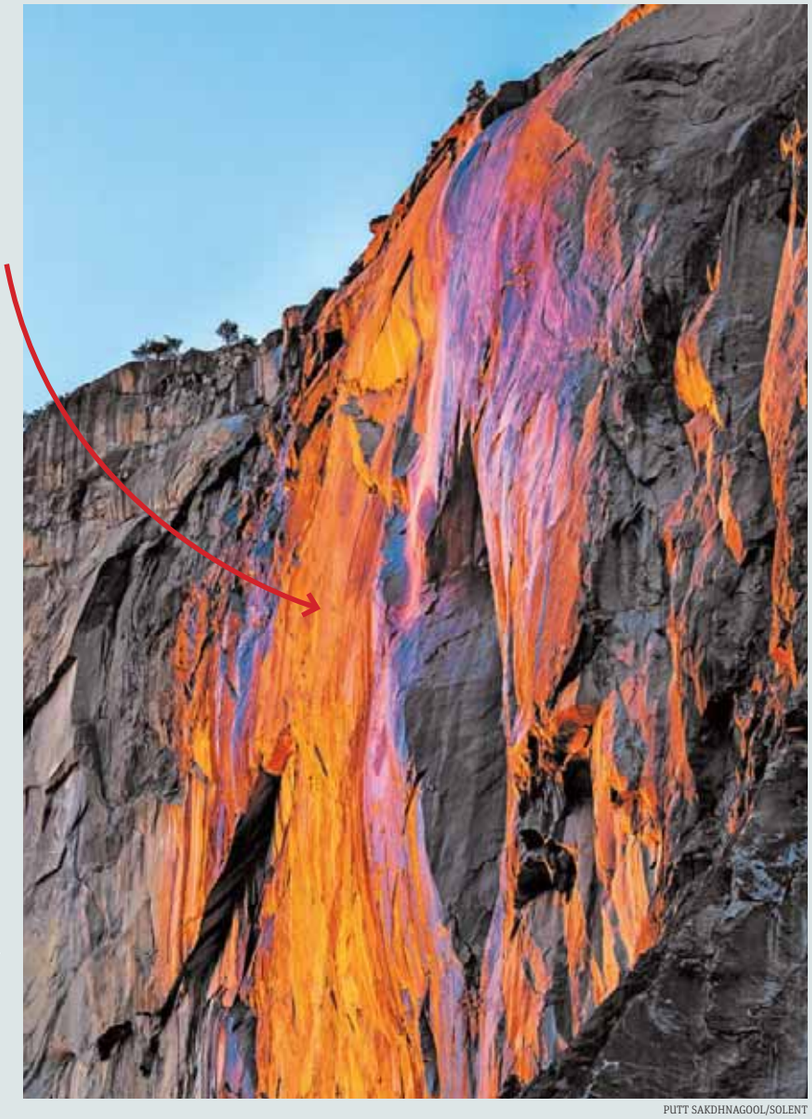
5 **Swiftly dissed.** Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, an usher that evening, meaning that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

6 **Thanks, eh?** The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on Twitter @TheMetroList

ZOOM

A fire without a flame



PUTT SAKDHNAGOOL/SOLENT

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. METRO

Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. METRO

Free fall

650

metres is the total height of Horsetail Falls.

Clickbait

Two scientists attempt to answer the age-old question: cookie or cream?

Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode featured an engineer's separator machine that has already been seen more than 3.5 million times. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.

Twitter

@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?

@StephanieChan: I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

@RkNRollaAyatola: It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus_Feed :D

@TristanCPDT: no more ads or 'sponsored' stories

@epickidneyfail: Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

Follow @metropicks and take part in our daily poll.

Letters

RE: Horse as the Main Course , published March 4

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

Jeff Szmyr, Toronto

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Synopsis

In Dead Man Down, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

- Richard: ●●○○○
- Mark: ●●●○○

Colin Farrell plays right hand man to a crime lord in Dead Man Down. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Wrestling with reality

Dead Man Down. WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

Richard: Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

Mark: The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

RC: The Euro style you noticed makes sense as the movie was made by The Girl with the Dragon Tattoo director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

MB: There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the $80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

RC: I liked seeing Abraham. In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

MB: Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.

David Bowie
The Next Day
Listen to David Bowie's new album The Next Day for free exclusively until March 12th on iTunes at iTunes.com/Davidbowie and pre-order the album now!
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The incredible Steve Carell talks about the magic of a great comedy

Burt Wonderstone. Funnyman flips through the list of the top 100 best comedy movies and tells Metro what tickles his fancy

NED EHRBAR
Metro World News in Hollywood

The Incredible Burt Wonderstone opens next Friday. HANDOUT

With titles like the 40-Year-Old Virgin, Anchorman: the Legend of Ron Burgundy and Crazy Stupid Love under his belt, Steve Carell certainly knows his way around comedy. So we wanted to get the Incredible Burt Wonderstone star's take on some of the best comedies of all time and what makes them great, using Time Out London's list of the 100 Best Comedy Movies. Incidentally, only two of Carell's films made the list — Anchorman and Little Miss Sunshine — but he let that slide. OK, here's the list.

No. 1, This is Spinal Tap!

Well, that's obviously a classic. It broke the mold, and it has been copied so often. Like any great movie or book or play, there's one of these, and you can't replicate it. And it holds up, too. It's a hilarious movie.

Is there one there that sticks out?

For me? Dr. Strangelove. Number 14? I'd put that on top of my list. I think that movie is terrifying and funny in equal parts and I think that is special. That's an almost impossible feat to accomplish, to create something that elicits such completely diverse responses. And I love Peter Sellers' performances in that movie.

Do you remember when you first saw it?

I think I saw it in a film class in college. I didn't really know much about it, but it was a movie that changed my perception of comedy in a lot of ways. And Being There, as well. I don't know where Being There is on this list.

I don't think it's on the list.

It's not? And on the other side, getting away from somebody like Kubrick, you have Mel Brooks, with Blazing Saddles or Young Frankenstein. Young Frankenstein is one of my all-time favourite movies as well. And again, just unrelenting silliness and commitment. I don't know, it's hard to deconstruct it because you don't necessarily know why something makes you laugh, it just does.

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Shaw)

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Pocket theatre

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

For Bell and Cogeco subscribers (soon Rogers too), TMN GO lets you stream Hollywood HD movies and create watch lists across five different devices for free. There's no better pocket theatre.

What would you do if you witnessed a murder?

Viral video. A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

MICHELLE CASTILLO
Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called Elevator Murder Experiment.

It's actually an advertisement for Dead Man Down, the latest film from the original The Girl With The Dragon Tattoo director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Thinkmodo and director of the elevator video, told Metro World News. He hoped it would spark debate.

All but one of the reactions were completely real, claims the director, including the guy who uses a fire extinguisher. In order to tie the project to Dead Man Down, the last subject — a man who shows up with his dogs and films the murder with his cell phone — was actually an actor.

A YouTube video promoting the movie Dead Man Down has sparked online debate. HANDOUT

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for blackmail.

But many commenters seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka. "There is a big difference between advertising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

The RVF promotes and supports dialogue between Francophones, and all other communities in Canada. In 2012, more than 1,000 activities took place across the country.
To find out more about this year's activities in British Columbia, visit: www.rvf.ca

La Fédération des francophones de la Colombie-Britannique

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Fantasy/Adventure

Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, The Wizard of Oz, Sam Raimi's Oz the Great and Powerful isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore Oz fans, but for most, you'll be thinking somewhere over the rainbow, there must to be something better.

STEVE GOW

Growing pains

"They've refined so many things and changed so many things, from the hobbit feet to the way the dragon moves, how Gollum looks...

"They've really made a lot of advancements, so it's a little bittersweet that you don't get to be there for that, you're part of the kind of older thing now. But at the same time a lot of those people are the same people who we knew and worked with and enjoyed their company and marvelled at their expertise, and so good for them, it's exciting for them."

Actor Sean Astin, who starred in the Lord of the Rings trilogy, about the look of the characters in The Hobbit.
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OMNIMAX Theatre Science World 1455 Quebec St., 604-443-7443

Rocky Mountain Express (STC) Fri-Thu 1-3
To the Arctic (G) Fri 12-2 Sat-Sun 12-2-

4 Mon-Thu 12-2

Dunbar Theatre 4555 Dunbar Street

Oz the Great and Powerful 3D (PG) Fri 4-7-9:35 Sat-Sun 1-4-7-9:35 Mon-Thu 4-7-9:35

Fifth Avenue Cinemas 2110 Burrard Street

The Gatekeepers (PG) Fri-Thu 12:45-3:10-5:30-7:50-10:10
Hit 'n Strum (STC) Fri-Sat 12:30-2:45-5:10-7:30-10:10 Sun-Thu 12:30-2:45-5:10-7:30-9:50
Life of Pi 3D (G) Fri-Thu 1:15-4:15-7:10-10
Quartet (PG) Fri-Thu 1:30-4-6:40-9:10
Silver Linings Playbook (14A) Fri-Tue 1-3:50-6:50-9:45 Wed-Thu 1-3:50-9:45

Pacific Cinémathèque 1131 Howe Street

First on the Moon (STC) Mon 6:30
A Fistful of Dynamite (STC) Tue 8:45 Wed-Thu 6:30
For a Few Dollars More (PG) Fri 8:30
Shepard & Dark (STC) Fri 6:30 Sat-Sun 4:30-6:30
To the Stars by Hard Ways (STC) Mon 8 Tue 6:30

Park Theatre 3440 Cambie Street

Oz the Great and Powerful 3D (PG) No Passes Fri 4-7-10 No Passes Sat-Sun 1-4-7-10 No Passes Mon-Thu 4-7-10

Rio on Broadway 1660 E. Broadway

No Films Showing Today (STC) Sat-Mon
Peaceable Kingdom: The Journey Home (STC) Wed 6:30
Radical Reels Film Tour (STC) Thu 7:30
Red Carpet (STC) Tue 6
Tetsuo: The Iron Man (STC) Fri 11

Scotiabank Theatre Vancouver 900 Burrard St.

21 and Over (14A) Fri-Sun 1:20-3:40-6-8:20-10:40 Mon 12:55-3:15-5:30-7:50-10:10 Tue 1:20-3:40-6-8:20-10:40 Wed-Thu 12:55-3:15-5:30-7:50-10:10
Django Unchained (14A) Fri-Sun 3:20-6:50-10:25 Mon 1:45-5:20-9 Tue 3:20-6:50-10:25 Wed 1:45-6:50-9:15 Thu 1:45-5:20-9
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri-Sun 12:35-3-5:25-7:50-10:15 Mon 12:35-3-5:25-7:55-10:25 Tue 12:35-3-5:25-7:50-10:15 Wed 12:35-3-10:25 Thu 12:35-3
Identity Thief (14A) Fri 2:35-5:15-8-10:45 Sat 12-2:35-5:15-8-10:45 Sun 2:35-5:15-8-10:45 Mon 2:15-5-7:45-10:20 Tue 2:35-5:15-8-10:45 Wed 2:15-5-10:20 Thu 2:15-5-7:45-10:20
The Incredible Burt Wonderstone (PG) Thu 10
Jack the Giant Slayer 3D (PG) No Passes Fri 2-4:45-7:30-10:30 No Passes Sat 12:50-4:45-7:30-10:30 No Passes Sun 2-4:45-7:30-10:30 No Passes Mon 1:25-4:10-7:15-10:15 No Passes Tue 2-4:45-7:30-10:30 No Passes Wed 1:20-4-10:15 No Passes Thu 1:25-4:10-7:15-10:15 No Passes Wed 7:30
Life of Pi 3D (G) Fri-Sun 1-4:10-7:10-10:10 Mon 1-4:15-7:10-10:05 Tue 1-4:10-7:10-10:10 Wed-Thu 1-4:15-7:10-10:05
The Metropolitan Opera: Les Troyens Encore (STC) Sat 9
Oz the Great and Powerful (PG) No Passes Fri-Thu 12:30-3:30
Oz the Great and Powerful 3D (PG) No Passes Fri-Thu 12:50-3:50-6:30-7-9:30-10 No Passes Fri 1:30-4:35-7:40-10:45 No Passes Sat 10:30-1:30-4:35-7:40-10:45 No Passes Sun 1:30-4:35-7:40-10:45 No Passes Mon 1:15-4:20-7:25-10:30 No Passes Tue 1:30-4:35-7:40-10:45 No Passes Wed-Thu 1:15-4:20-7:25-10:30

Vancity Theatre Vancouver International Film Centre 1181 Seymour Street

Call Theatre For Showtimes (STC) Fri-Mon
Diana Vreeland: The Eye Has to Travel (G) Thu 6:30
The House I Live In (STC) Tue 8:10
The Suicide Shop (PG) Tue 6:30
Vancouver International Film Festival (STC) Fri-Mon
The Waiting Room (STC) Thu 8:15

Esplanade 6 200 West Esplanade

21 and Over (14A) Digital Presentation, Dolby Stereo Digital Fri 7:20-9:35 Digital Presentation, Dolby Stereo Digital Sat-Sun 12:40-3:45-7:20-9:35 Digital Presentation, Dolby Stereo Digital Mon-Thu 7:20-9:35
The Call (14A) Digital Presentation, Dolby Stereo Digital Thu 10
The Incredible Burt Wonderstone (PG) Digital Presentation, Dolby Stereo Digital Thu 10
The Last Exorcism Part II (14A) Digital Presentation, Dolby Stereo Digital Fri 7:10 Digital Presentation, Dolby Stereo Digital Sat-Sun 12:50-3:35-7:10 Digital Presentation, Dolby Stereo Digital Mon-Thu 7:10
Oz the Great and Powerful (PG) Digital Presentation, Dolby Stereo Digital, No Passes Fri 7-10 Digital Presentation, Dolby Stereo Digital, No Passes Sat-Sun 1-4-7-10 Digital Presentation, Dolby Stereo Digital, No Passes Mon-Thu 7-10
Oz the Great and Powerful 3D (PG) Digital Presentation, Dolby Stereo Digital, No Passes Fri 6:30-9:30 Digital Presentation, Dolby Stereo Digital, No Passes Sat-Sun 12-3:30-6:30-9:30 Digital Presentation, Dolby Stereo Digital, No Passes Mon-Thu 6:30-9:30
Safe Haven (PG) Digital Presentation, Dolby Stereo Digital Fri 6:50-9:45 Digital Presentation, Dolby Stereo Digital Sat-Sun 12:30-3:50-6:50-9:45 Digital Presentation, Dolby Stereo Digital Mon-Wed 6:50-9:45 Digital Presentation, Dolby Stereo Digital Thu 6:50
Silver Linings Playbook (14A) Digital Presentation, Dolby Stereo Digital Fri 6:40-9:20 Digital Presentation, Dolby Stereo Digital Sat-Sun 12:15-3:15-6:40-9:20 Digital Presentation, Dolby Stereo Digital Mon-Thu 6:40-9:20
Snitch (PG) Digital Presentation, Dolby Stereo Digital Fri-Wed 9:40

Park & Tilford 333 Brooksbank Ave.

Dead Man Down (STC) Fri 7:40-10:15 Sat 11:20-2:20-5:05-7:40-10:15 Sun 2:20-5:05-7:40-10:15 Mon-Thu 7:30-10:05
Star & Strollers Screening Thu 1
Escape From Planet Earth (G) Sat 11:50-2:15 Sun 2:15 Star & Strollers Screening Thu 1
Escape From Planet Earth 3D (G) Fri 7:05-9:30 Sat-Sun 4:45-7:05-9:30 Mon-Thu 7:05-9:30
Identity Thief (14A) Fri 7:35-10:15 Sat 11:30-3-5:30-8:05-10:35 Sun 2:05-4:55-7:35-10:15 Mon-Thu 7:10-9:55
Jack the Giant Slayer 3D (PG) No Passes Fri 7:15-10 No Passes Sat 11-1:45-4:35-7:15-10 No Passes Sun 1:45-4:35-7:15-10 No Passes Mon-Thu 7:20-10
Life of Pi 3D (G) Fri 7-9:55 Sat-Sun 1:15-4:05-7-9:55 Mon-Thu 7-9:45
The Metropolitan Opera: Les Troyens Encore (STC) Sat 9
Quartet (PG) Fri 7:20-9:45 Sat-Sun 2:10-4:40-7:20-9:45 Mon-Thu 7:15-9:40

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21 and Over (14A) Fri 1:15-3:35-5:55-8:10-10:40 Sat 1:30-3:50-6:10-8:25-10:55 Sun-Thu 1:15-3:35-5:55-8:10-10:40
The Call (14A) Thu 10
Dead Man Down (STC) Fri-Sun 12-2:40-5:20-8-10:40 Mon-Thu 2:40-5:20-8-10:40
Escape From Planet Earth (G) Fri 12:15 Sat 10-12:15-3:10 Sun 12:15 Mon-Thu 12:30
Escape From Planet Earth 3D (G) Fri-Sun 2:35-5-7:30 Mon-Thu 2:45-5-7:30
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri 12:20-2:45-5:20-7:50-10:30 Sat 9:55-12:20-2:45-5:20-7:50-10:30 Sun 12:20-2:45-5:20-7:50-10:30 Mon-Thu 2:45-5:20-7:50-10:35
Happy Feet (G) Sat 11
The Hobbit: An Unexpected Journey (PG) Fri 1:50 Mon-Thu 1:50
The Hobbit: An Unexpected Journey 3D (PG) Fri-Thu 5:40-9:20
Identity Thief (14A) Fri 12-2:35-5:15-7:55-10:45 Sat 9:20-12-2:35-5:15-7:55-10:45 Sun 12-2:35-5:15-7:55-10:45 Mon-Wed 1-4-7:15-10:10 Thu 4-7:15-10:10
Star & Strollers Screening Thu 1
The Incredible Burt Wonderstone (PG) Thu 10
Jack the Giant Slayer 3D (PG) No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11:30-2:15-5-7:45-10:30 No Passes Sun-Thu 2:15-5-7:45-10:30
The Last Exorcism Part II (14A) Fri-Sun 1-3:20-5:40-8:10-10:35 Mon-Thu 1-3:20-5:40-8-10:25
Life of Pi 3D (G) Fri 1:30-4:30-7:30-10:30 Sat 10:40-1:30-4:30-7:30-10:30 Sun-Thu 1:30-4:30-7:30-10:30
Madoka Magica Part 1: Beginnings (STC) Thu 7:30
The Metropolitan Opera: Les Troyens Encore (STC) Sat 9
Les Misérables (PG) Fri-Sun 12-3:30-6:55-10:15 Mon-Tue 2-5:35-9:20 Wed 2-10:05 Thu 2-5:35-9:20
Oz the Great and Powerful (PG) No Passes Fri 12-3:05-6:30-9:30 No Passes Sat 12-3:15-6:30-9:30 No Passes Sun 12-3:05-6:30-9:30 No Passes Mon-Wed 1-4:05-7:10-10:25 No Passes Thu 4:05-7:10-10:25 Star & Strollers Screening, No Passes Thu 1
Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 1-4:05-7:10-10:15 No Passes Mon-Tue 12:40-3:30-6:30-9:30 No Passes Wed 12:40-3:35-6:30-9:30 No Passes Thu 12:40-3:30-6:30-9:30 No Passes Fri-Thu 1:30-4:35-7:40-10:45
Oz the Great and Powerful: An IMAX 3D Experience (PG) No Passes Fri 12:30-3:35-7:10 No Passes Sat 9:30-12:30-3:35-7:10 No Passes Sun-Thu 12:30-3:35-7:10
Safe Haven (PG) Fri-Sun 12-2:40-5:25-8:10-10:45 Mon-Tue 2:40-5:25-8:10-10:45 Wed 1:30-4:15-10:45 Thu 2:40-5:25-8:10-10:45
Side Effects (14A) Fri-Sun 10:50 Mon-Thu 10:30
Silver Linings Playbook (14A) Fri 1:20-4:20-7:15-10:25 Sat 10:30-1:20-4:20-7:15-10:25 Sun-Wed 1:20-4:20-7:15-10:25 Thu 1:20-4:20-7-10:25
Snitch (PG) Fri-Sun 12:45-3:15-5:45-8:15-10:50 Mon-Wed 2-4:45-7:30-10:15 Thu 2-4:45-7:25
Warm Bodies (PG) Fri-Sun 12:25-3:10-5:50-8:20-10:50 Mon-Wed 2:30-5:05-7:40-10:10 Thu 2:30-5:05-7:40
Zero Dark Thirty (14A) Fri-Sun 12:15-3:40-7:05-10:30 Mon-Tue 2:25-6:10-9:45 Wed-Thu 2:25-9:45

Dolphin Cinemas 4555 E. Hastings St.

Jack the Giant Slayer (PG) No Passes Fri 4:30-7-9:30 No Passes Sat-Sun 1:45-4:30-7-9:30 No Passes Mon-Thu 4:30-7-9:30
Oz the Great and Powerful (PG) No Passes Fri 4:10-6:45-9:20 No Passes Sat-Sun 1:30-4:10-6:45-9:20 No Passes Mon-Thu 4:10-6:45-9:20

SilverCity Metropolis 4700 Kingsway Ave.

21 and Over (14A) Fri 1:15-3:35-5:55-8:15-10:30 Sat 11-1:20-3:35-5:55-8:15-10:30 Sun 1:15-3:35-5:55-8:15-10:30 Mon-Thu 1:05-3:25-5:40-8-10:15
The Call (14A) Thu 10:30
Dead Man Down (STC) Fri 2:40-5:20-8-10:40 Sat-Sun 12-2:40-5:20-8-10:40 Mon-Thu 2:25-5:05-7:45-10:25
Escape From Planet Earth (G) Fri 2:45 Sat 12:40 Sun 12:20 Mon-Thu 1:10
Escape From Planet Earth 3D (G) Fri 5:10-7:30 Sat 2:55-5:10-7:30 Sun 2:45-5:10-7:30 Mon-Thu 3:20-5:30-7:55
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri 2:50-5:25-7:55-10:25 Sat 12:25-2:50-5:25-7:55-10:25 Sun 12:25-3:10-5:30-7:55-10:25 Mon-Wed 2:20-5-7:30-10 Thu 12:45-3:05-9:40
Happy Feet (G) Sat 11
Identity Thief (14A) Fri 2:35-5:15-7:50-10:35 Sat 12:05-2:35-5:15-7:50-10:35 Sun 2:45-5:20-7:50-10:35 Mon-Tue 1:55-4:30-7:10-9:55 Wed 1:45-4:20-9:55 Thu 1:55-4:30
The Incredible Burt Wonderstone (PG) Thu 10
Jack the Giant Slayer 3D (PG) No Passes Fri 2:05-4:50-7:35-10:20 No Passes Sat 11:15-2:05-4:50-7:35-10:20 No Passes Sun 2:05-4:50-7:35-10:20 No Passes Mon-Thu 2-4:40-7:25-10:05
The Last Exorcism Part II (14A) Fri-Sun 9:50 Mon-Thu 10:20
Madoka Magica Part 1: Beginnings (STC) Thu 7:30
Oz the Great and Powerful (PG) No Passes Fri 1-4-7-10:05 No Passes Sat-Sun 12:15-3:10-6:10-9:15 No Passes Mon-Thu 1-3:55-6:55-9:50
Oz the Great and Powerful 3D (PG) No Passes Fri 1:15-4:20-7:20-10:25 No Passes Sat-Sun 12:45-3:55-6:55-10 No Passes Mon-Thu 1:15-4:15-7:15-10:10 No Passes Fri 1:30-4:40-7:40-10:45 No Passes Sat-Sun 1:30-4:35-7:40-10:45 No Passes Mon-Thu 1:35-4:35-7:35-10:30
Warm Bodies (PG) Fri-Sat 2:30-5-7:45-10:15 Sun 12:10-2:30-5-7:45-10:15 Mon-Tue 2:15-4:45-7:20-9:45 Wed 1:50-4:25-9:45 Thu 2:15-4:45-7:20

SilverCity Coquitlam 170 Schoolhouse Street

21 and Over (14A) Fri-Thu 12:55-3:20-5:45-8:15-10:40
The Berlin File (14A) Fri-Sun 12:40-3:50-6:50-9:40 Mon 12:55-3:55-6:50-9:40 Tue 12:40-3:50-6:50-9:40 Wed 12:55-3:55-6:50-9:40 Thu 12:55-3:55-6:50-9:40

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SilverCity Coquitlam 170 Schoolhouse Street

The Call (14A) Thu 10
Dark Skies (14A) Fri-Thu 9:45
Dead Man Down (STC) Fri-Thu 2:10-5-8-10:45
Django Unchained (14A) Fri 1:10-4:50-8:30 Sat-Sun 3-6:40-10:15 Mon-Thu 1:10-4:50-8:30
Escape From Planet Earth (G) Fri-Sun 12:25 Mon 12:45 Tue 12:25 Wed-Thu 12:45
Escape From Planet Earth 3D (G) Fri-Sun 2:45-5:05-7:25 Mon 3-5:15-7:30 Tue 2:45-5:05-7:25 Wed-Thu 3-5:15-7:30
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri-Sun 12:20-2:50-5:20-7:55-10:25 Mon 2:50-5:20-7:55-10:25 Tue 12:20-2:50-5:20-7:55-10:25 Wed 2:50-5:20-7:55-10:25 Thu 2:15-4:45-10:30 Fri-Sun 1:15-4:30-7:30-10 Mon 4:30-7:20-9:50 Tue 1:15-4:30-7:30-10 Wed-Thu 4:30-7:20-9:50
Happy Feet (G) Sat 11
Identity Thief (14A) Fri-Sun 1:05-4:25-7:30-10:10 Mon 1:40-4:25-7:30-10:10 Tue 1:05-4:25-7:30-10:10 Wed-Thu 1:40-4:25-7:30-10:10 Fri-Sun 1:45-5-8-10:45 Mon 5-7:45-10:30 Tue 1:45-5-8-10:45 Wed-Thu 5-7:45-10:30
The Incredible Burt Wonderstone (PG) Thu 10 Jack the Giant Slayer 3D (PG) No Passes Fri 1:15-4:15-7:20-10:10 No Passes Sat 11-1:45-4:30-7:20-10:10 No Passes Sun 1:15-4:15-7:20-10:10 No Passes Mon 1:30-4:15-7:20-10:10 No Passes Tue 1:15-4:15-7:20-10:10 No Passes Wed-Thu 1:30-4:15-7:20-10:10 No Passes Fri-Sun 12:20-3:30-6:30-9:30 No Passes Mon 3:30-6:30-9:30 No Passes Tue 12:20-3:30-6:30-9:30 No Passes Wed-Thu 3:30-6:30-9:30
The Last Exorcism Part II (14A) Fri-Thu 12:50-3:15-5:40-8:10-10:35
Life of Pi 3D (G) Fri-Thu 1:10-4:10-7:10-10:05
Madoka Magica Part 1: Beginnings (STC) Thu 7:30
The Metropolitan Opera: Les Troyens Encore (STC) Sat 9
Oz the Great and Powerful (PG) No Passes Fri-Sun 12:30-3:35 No Passes Mon 12:45-3:45 No Passes Tue 12:30-3:35 No Passes Wed 4 No Passes Thu 12:45-3:45 No Passes Fri-Sun 2:15-5:30-8:45 No Passes Mon 3-6-9:10 No Passes Tue 2:15-5:30-8:45 No Passes Wed-Thu 3-6-9:10 Star & Strollers Screening, No Passes Wed 1
Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 6:40-9:45 No Passes Mon 6:45-9:45 No Passes Tue 6:40-9:45 No Passes Wed 7-10 No Passes Thu 6:45-9:45 No Passes Fri-Sun 12:40-3:50-7-10:20 No Passes Mon 3:50-7-10:10 No Passes Tue 12:40-3:50-7-10:20 No Passes Wed-Thu 3:50-7-10:10 No Passes Fri-Thu 1:30-4:35-7:40-10:45
Safe Haven (PG) Fri-Wed 1:35-4:20-7:05-9:50 Thu 1:35-4:20-7:05
Silver Linings Playbook (14A) Fri-Tue 1-4-7-9:55 Wed 4-7-9:55 Thu 1-4-7-9:55
Star & Strollers Screening Wed 1
Snitch (PG) Fri-Sun 12-2:35-5:10-7:50-10:30 Mon 2:35-5:10-7:50-10:30 Tue 12-2:35-5:10-7:50-10:30 Wed 2:35-5:10-7:50-10:30 Thu 2-4:40-7:20

Clova 5732-176th St., Surrey

Oz the Great and Powerful (PG) Fri 7 Sat-Sun 1-7 Mon-Thu 7

Hollywood 3 Cinema 7125-138th Street, Surrey

Hansel & Gretel: Witch Hunters 3D (18A) Fri-Thu 9:45
The Hobbit: An Unexpected Journey 3D (PG) Fri-Thu 6:30
Parental Guidance (G) Fri 4:30-6:40-8:50 Sat-Sun 1:45-4:30-6:40-8:50 Mon-Thu 4:30-6:40-8:50
Rise of the Guardians (G) Sat-Sun 2:50
Rise of the Guardians 3D (G) Fri 4:30 Sat-Sun 12:20-4:30 Mon-Thu 4:30
Silver Linings Playbook (14A) Fri 7 Sat-Sun 12:30-7 Mon-Thu 7
Warm Bodies (PG) Fri-Thu 9:20
Wreck-It Ralph (G) Fri-Thu 4:50

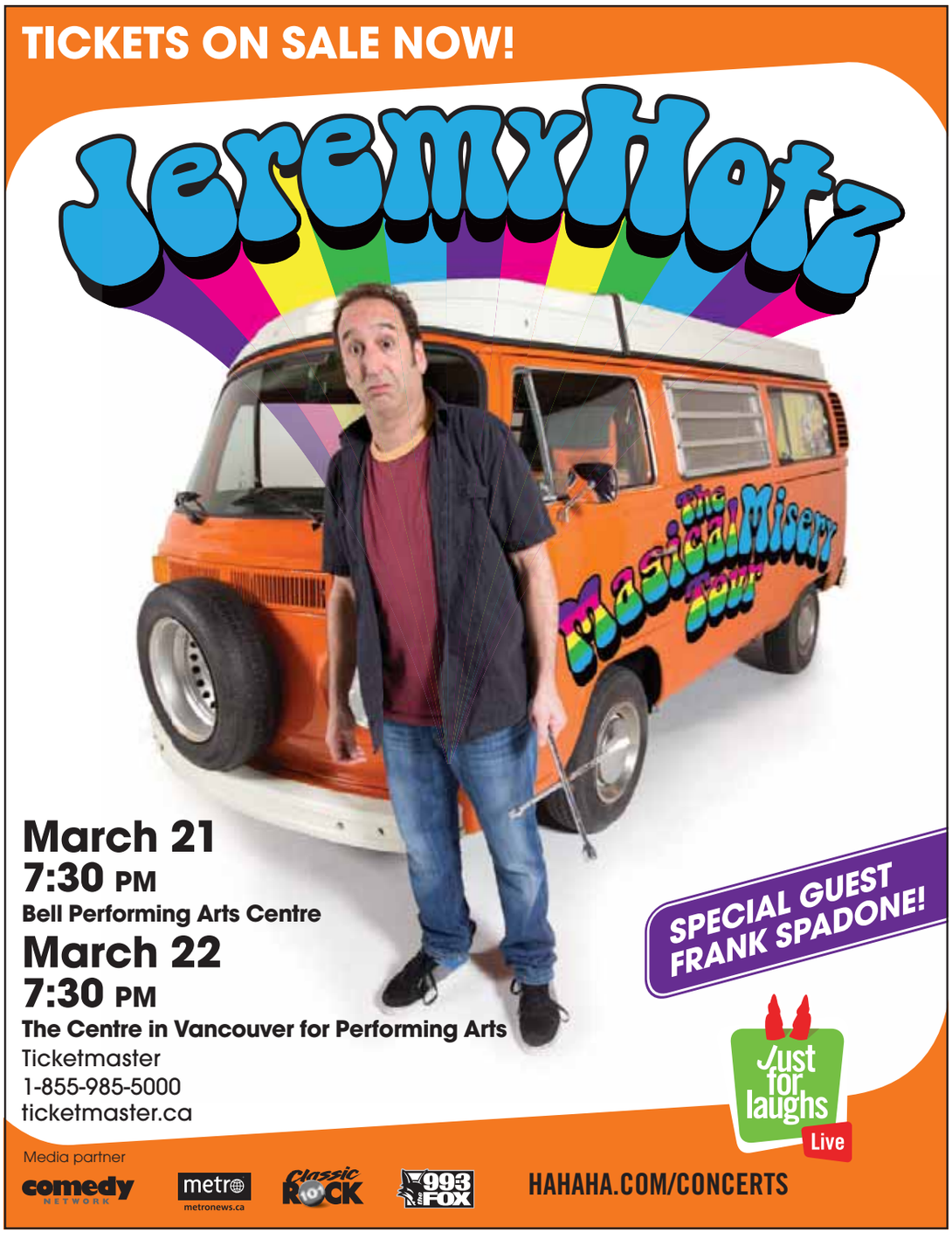
Wreck-It Ralph 3D (G) Sat-Sun 2:20

Strawberry Hill Grande 12161-72nd Ave, Surrey

Dark Skies (14A) Fri-Sun 12:30-3-5:30-The Attacks of 26/11 (14A) Fri-Thu 4-6:40-9:35 Dead Man Down (STC) Fri 2:40-5:20-8-10:40 Sat-Sun 12-2:40-5:20-8-10:40 Mon 2:30-5:10-7:50-10:25 Tue 12-2:40-5:20-8-10:40 Wed 5:10-7:50-10:25 Thu 2:30-5:10-7:50-10:25 Star & Strollers Screening Wed 1
Escape From Planet Earth (G) Fri 12:30 Sat-Sun 12:15 Mon 2:30 Tue 12:15 Wed-Thu 2:30 Escape From Planet Earth 3D (G) Fri 2:45-5-7:30 Sat-Sun 2:30-5-7:30 Mon 5-7:30 Tue 2:30-5-7:30 Wed-Thu 5-7:30 A Good Day to Die Hard (14A) Fri 12:30-2:55-5:20-7:55-10:35 Sat-Sun 12:20-2:45-5:20-7:55-10:35 Mon 2:45-5:20-7:55-10:25 Tue 12:20-2:45-5:20-7:55-10:35 Wed-Thu 2:45-5:20-7:55-10:25
Happy Feet (G) Sat 11
I, Me Aur Main (PG) Fri 12:30-3:05-5:45-8:25 Sat-Sun 12:25-3:05-5:45-8:25 Mon 3:05-5:45-8:25 Tue 12:25-3:05-5:45-8:25 Wed-Thu 3:05-5:45-8:25
Identity Thief (14A) Fri 2:35-5:15-8:05-10:40 Sat-Sun 12-2:35-5:15-8:05-10:40 Mon 2:35-5:15-8-10:30 Tue 12-2:35-5:15-8:05-10:40 Wed-Thu 2:35-5:15-8-10:30
The Incredible Burt Wonderstone (PG) Thu 10
Jack the Giant Slayer 3D (PG) No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11-2:15-5-7:45-10:30 No Passes Sun 2:15-5-7:45-10:30 No Passes Mon 2:15-5-7:45-10:25 No Passes Tue 2:15-5-7:45-10:30 No Passes Wed-Thu 2:15-5-7:45-10:25
Kai po che! (PG) Fri-Thu 1
The Last Exorcism Part II (14A) Fri 1-3:20-5:40-8-10:20 Sat 1:15-3:20-5:40-8-10:20 Sun 1-3:20-5:40-8-10:20 Mon 1:05-3:20-5:40-8:05-10:20 Tue 1-3:20-5:40-8-10:20 Wed-Thu 1:05-3:20-5:40-8:05-10:20
Love Story of Singh vs Kaur (PG) Fri-Thu 1:15-5:05-9
Oz the Great and Powerful (PG) No Passes Fri 12:35-3:35 No Passes Sat-Sun 12:30-3:35 No Passes Mon 1-4 No Passes Tue 12:30-3:35 No Passes Wed 4 No Passes Thu 1-4 Star & Strollers Screening, No Passes Wed 1
Oz the Great and Powerful 3D (PG) No Passes Fri-Thu 7-10 No Passes Fri-Sun 1:30-4:35-7:40-10:45 No Passes Mon 1:30-4:35-7:35-10:30 No Passes Tue 1:30-4:35-7:40-10:45 No Passes Wed-Thu 1:30-4:35-7:35-10:30
Safe Haven (PG) Fri-Thu 10
Snitch (PG) Fri-Sun 12:45-3:15-5:45-8:15-10:45 Mon 2:30-5:15-7:45-10:20 Tue 12:45-3:15-5:45-8:15-10:45 Wed 2:30-5:15-7:45-10:20 Thu 2:10-4:55-7:25

Studio 12 Guildford 15051-101st Ave, Surrey, 604-581-1176

21 and Over (14A) Stadium Seating, Dolby Stereo Digital Fri 4:20-7:20-9:45 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:20-4:20-7:20-9:45 Stadium Seating, Dolby Stereo Digital Mon 5:35-7:50 Stadium Seating, Dolby Stereo Digital Tue 4:20-7:20-9:45 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:35-7:50
Escape From Planet Earth (G) Stadium Seating, Dolby Stereo Digital Fri 6:50 Stadium Seating, Dolby Stereo Digital Sat-Sun 12:40-6:50 Stadium Seating, Dolby Stereo Digital Mon 7:45 Stadium Seating, Dolby Stereo Digital Tue 6:50 Stadium Seating, Dolby Stereo Digital Wed-Thu 7:45
Escape From Planet Earth 3D (G) Stadium Seating, Dolby Stereo Digital Fri-Sun 3:40-9:10 Stadium Seating, Dolby Stereo Digital Mon 5:30 Stadium Seating, Dolby Stereo Digital Tue 3:40-9:10 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:30
A Good Day to Die Hard (14A) Stadium Seating, Dolby Stereo Digital Fri 4:25-7:25-9:50 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:25-4:25-7:25-9:50 Stadium Seating, Dolby Stereo Digital Mon 5:50-8:15 Stadium Seating, Dolby Stereo Digital Tue 4:25-7:25-9:50 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:50-8:15
Identity Thief (14A) Stadium Seating, Dolby Stereo Digital Fri 4:15-7:15-9:55 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:15-4:15-7:15-9:55 Stadium Seating, Dolby Stereo Digital Mon 5:45-8:25 Stadium Seating, Dolby Stereo Digital Tue 4:15-7:15-9:55 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:45-8:25



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Jack the Giant Slayer (PG) Stadium Seating, Dolby Stereo Digital Fri-Sun 3:50-6:40 Stadium Seating, Dolby Stereo Digital Mon 5:20 Stadium Seating, Dolby Stereo Digital Tue 3:50-6:40 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:20
Jack the Giant Slayer 3D (PG) Stadium Seating, Dolby Stereo Digital Fri-Sun 3:40-9:10 Stadium Seating, Dolby Stereo Digital Mon 8 Stadium Seating, Dolby Stereo Digital Tue 3:40-9:10 Stadium Seating, Dolby Stereo Digital Wed-Thu 8
The Last Exorcism Part II (14A) Stadium Seating, Dolby Stereo Fri 4:30-7:30-9:45 Stadium Seating, Dolby Stereo Sat-Sun 1:30-4:30-7:30-9:45 Stadium Seating, Dolby Stereo Mon 5:50-8:45 Stadium Seating, Dolby Stereo Tue 4:30-7:30-9:45 Stadium Seating, Dolby Stereo Wed-Thu 5:50-8:45
Love Story of Singh vs Kaur (PG) Stadium Seating, Dolby Stereo Digital Fri 6:15-9:35 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:35-6:15-9:35 Stadium Seating, Dolby Stereo Digital Mon 5:05-8:20 Stadium Seating, Dolby Stereo Digital Tue 6:15-9:35 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:05-8:20
A Moment in Time (G) Stadium Seating, Dolby Stereo Digital Fri 4:10-7:10-9:40 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:10-4:10-7:10-9:40 Stadium Seating, Dolby Stereo Digital Mon 5:25 Stadium Seating, Dolby Stereo Digital Tue 4:10-7:10-9:40 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:25
Oz the Great and Powerful (PG) Stadium Seating, Dolby Stereo Digital Fri 3:30-6:30-9:30 Stadium Seating, Dolby Stereo Digital Sat-Sun 12:30-3:30-6:30-9:30 Stadium Seating, Dolby Stereo Digital Mon 5:10-8:10 Stadium Seating, Dolby Stereo Digital Tue 3:30-6:30-9:30 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:10-8:10
Oz the Great and Powerful 3D (PG) Stadium Seating, Dolby Stereo Digital Fri 4-7-10 Stadium Seating, Dolby Stereo Digital Sat-Sun 1-4-7-10 Stadium Seating, Dolby Stereo Digital Mon 5:40-8:40 Stadium Seating, Dolby Stereo Digital Tue 4-7-10 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:40-8:40
Safe Haven (PG) Stadium Seating, Dolby Stereo Digital Fri 3:20-6:20-9 Stadium Seating, Dolby Stereo Digital Sat-Sun 12:20-3:20-6:20-9 Stadium Seating, Dolby Stereo Digital Mon 5-7:40 Stadium Seating, Dolby Stereo Digital Tue 3:20-6:20-9 Stadium Seating, Dolby Stereo Digital Wed-Thu 5-7:40
Snitch (PG) Stadium Seating, Dolby Stereo Digital Fri 3:45-6:45-9:25 Stadium Seating, Dolby Stereo Digital Sat-Sun 12:45-3:45-6:45-9:25 Stadium Seating, Dolby Stereo Digital Mon 5:15-7:55 Stadium Seating, Dolby Stereo Digital Tue 3:45-6:45-9:25 Stadium Seating, Dolby Stereo Digital Wed-Thu 5:15-7:55

Nicholas Hoult stars in Jack the Giant Slayer. CONTRIBUTED

Rialto 1732-152nd Street, White Rock, 604-541-9527, criterion-theatres.com

Amour (PG) Fri 7-9:20 Sat-Sun 2-7-9:20 Mon-Thu 7-9:20
Quartet (PG) Fri 7:10-9:10 Sat-Sun 2:10-7:10-9:10 Mon-Thu 7:10-9:10

Criterion 4 White Rock 2381 King George Highway, 604-531-7456, criterion-theatres.com

Escape From Planet Earth (G) Sat-Sun 2:30
Identity Thief (14A) Fri 7:30-9:40 Sat-Sun 2:20-7:30-9:40 Mon-Thu 7:30-9:40
Jack the Giant Slayer (PG) Fri 7-9:10 Sat-Sun 2:10-7-9:10 Mon-Thu 7-9:10
Oz the Great and Powerful (PG) Fri 7:10-9:35 Sat-Sun 2-7:10-9:35 Mon-Thu 7:10-9:35
Safe Haven (PG) Fri-Thu 7:20-9:30

Colossus Langley 20090-91A Ave, Langley, 604-513-8747

21 and Over (14A) Fri-Sun 1:15-3:35-5:55-8:15-10:35 Mon-Thu 4:45-7:35-10:15
The Call (14A) Thu 10
Dark Skies (14A) Fri-Sun 10:35 Mon-Thu 9:45
Dead Man Down (STC) Fri 2:10-5-7:50-10:40 Sat 11:10-2:10-5-7:50-10:40 Sun 2:10-5-7:50-10:40 Mon-Thu 4:20-7:25-10:25
Django Unchained (14A) Fri-Sat 1:30-5:10-9 Sun 5:10-9 Mon-Thu 3:45-7:35
Escape From Planet Earth (G) Fri 12:15 Sat 11-12:15 Sun 12:15
Escape From Planet Earth 3D (G) Fri-Sun 2:35-4:55-7:30 Mon-Thu 4:45-7:10
Funny Face (STC) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri-Sun 12:20-2:45-5:20-7:55-10:30 Mon-Thu 4:25-7:25-10:05
Happy Feet (G) Sat 11
Identity Thief (14A) Fri-Sun 12:15-2:50-5:25-8:05-10:45 Mon-Thu 4:40-7:30-10:10
The Incredible Burt Wonderstone (PG) Thu 10
Jack the Giant Slayer 3D (PG) No Passes Fri 1:15-2:15-4-5-7-7:45-9:45-10:30 No Passes Sat 11:20-1:15-2:15-4-5-7-7:45-9:45-10:30 No Passes Sun 1:15-2:15-4-5-7-7:45-9:45-10:30 No Passes Mon-Thu 4:30-5-7:15-7:45-10-10:30
The Last Exorcism Part II (14A) Fri-Sun 1-3:20-5:40-8-10:20 Mon-Thu 4:55-7:40-10:20
Life of Pi 3D (G) Fri-Sun 1:05-4:15-7:25-10:20 Mon-Thu 4:10-7:10-10:05
Les Misérables (PG) Fri-Sun 12:20-3:45-7:05-10:25 Mon-Wed 3:30-6:55-10:20 Thu 3:30-10:20
Oz the Great and Powerful (PG) No Passes Fri 2:30-6-9:15 No Passes Sat 11:30-2:30-6-9:15 No Passes Sun 2:30-6-9:15 No Passes Mon-Tue 5:30-9 No Passes Wed 6:15-9:30 No Passes Thu 5:30-9 Star & Strollers Screening, No Passes Wed 3
Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 12:05-3:10-6:30-9:45 No Passes Mon-Thu 4-7:15-10:15 No Passes Fri-Sun 1:30-4:35-7:40-10:45 No Passes Mon-Thu 4:35-7:30-10:30
Oz the Great and Powerful: An IMAX 3D Experience (PG) No Passes Fri-Sun 12:30-3:35-7-10 No Passes Mon-Thu 3:35-7-10
Quartet (PG) Fri-Sun 12:10-2:35-5:05-7:40-10:10 Mon-Wed 4:05-6:55-9:40 Thu 4:05-6:55
Safe Haven (PG) Fri-Sun 12:05-2:45-5:25-8:05-10:45 Mon-Thu 4:05-7:05-9:55
Silver Linings Playbook (14A) Fri-Sun 1:20-4:20-7:20-10:25 Mon-Tue 4:20-7:20-10:25 Wed 7:20-10:25 Thu 4:20-7:20-10:25 Star & Strollers Screening Wed 3
Snitch (PG) Fri-Sun 12-2:40-5:15-7:55-10:40 Mon-Tue 4:15-7:20-10:10 Wed 4:15-10:10 Thu 4:15-7:20

Twilight Drive-In 260th Street & Fraser Highway, Langley, 604-856-5063

Hansel & Gretel: Witch Hunters (18A) Fri-Sun 9:30
No Films Showing Today (STC) Mon-Thu
Side Effects (14A) Fri-Sun 7:30

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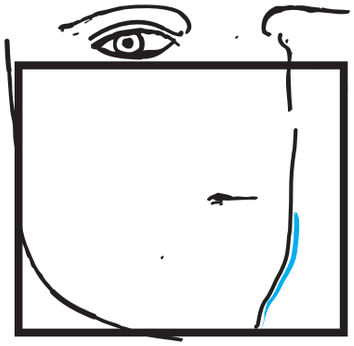

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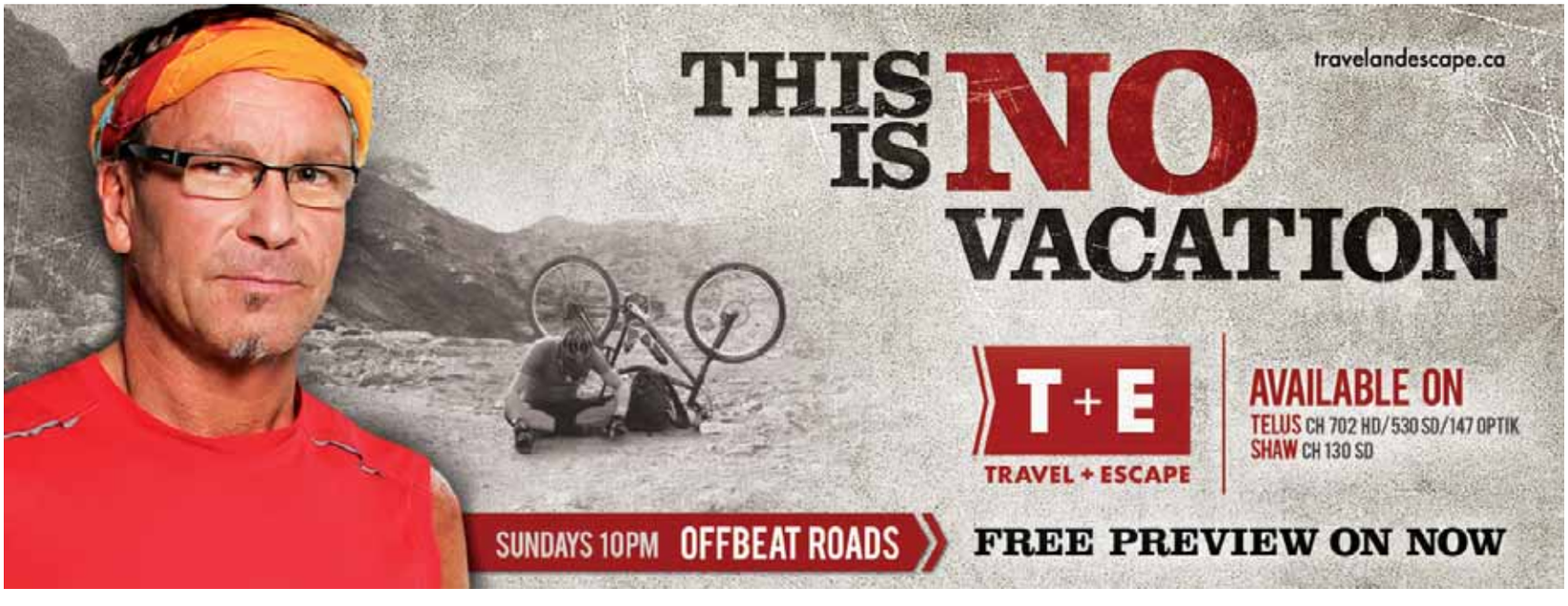


Axes, swords and some fine wine: the civilized side of barbarianism

The Vikings.
Katheryn Winnick and Jessalyn Gilsig talk about the softer side of Norse warriors

MATT PRIGGE
scene@metronews.ca

The dominant cultural image of Vikings is simple: bearded oafs drinking from skull cups in between fits of plundering.

"People think they were just barbarians with horns on their heads," says Katheryn Winnick, one of the stars of The Vikings, a new docu-dramatic show that premiered last Sunday on The History Channel. "That's completely wrong. They were civilized, intelligent, sophisticated."

Discoveries into the lives of these Norse warriors have unearthed a more complex, even in some ways flattering, view than the romantic portrait prominent in the public's mind.

The show is the latest from Michael Hirst, known for his way of turning history — via the two Elizabeth films, The Tudors and The Borgias — into highly watchable and oft-sexy trash.

But Hirst's talents run deeper than that, just as his show — which tells of Ragnar Lothbak (Travis Fimmel), a real-life Viking badass — isn't only about straightening records.

The most striking aspect is the meaty role women have on the show, specifically Lagertha (Winnick), wife of Ragnar, and Siggy (Jessalyn Gilsig), the Lady Macbeth to Gabriel Byrne's evil lord. Lagertha, a real-life "shieldmaiden" (i.e., female warrior), spends the earliest episodes, at least, at home as her husband sails on an illegal mission.

Watch The Vikings in action Sundays on The History Channel. HISTORY CHANNEL

But that means organizing the community as her husband would and fending off ne'er-do-wells, even by force. (Winnick has a long history in martial arts, and has had a black belt since the age of 13.)

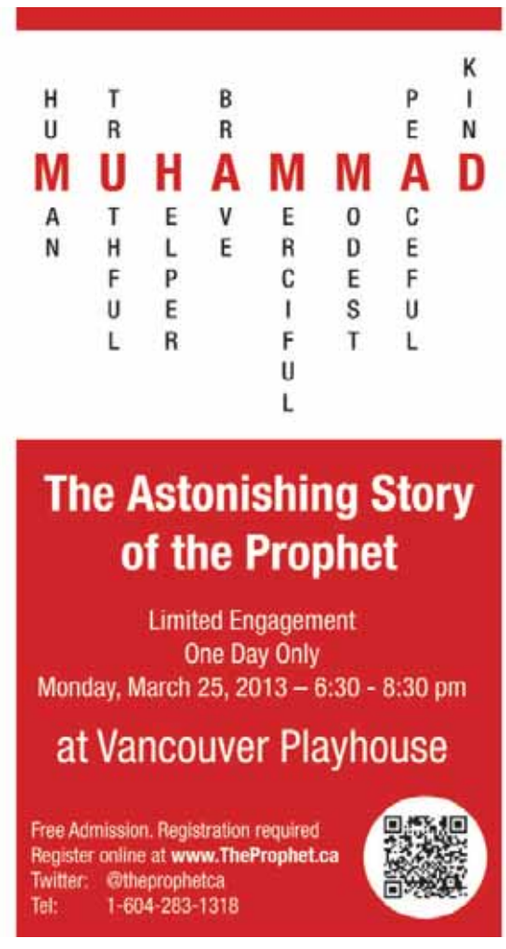
"What's great about her relationship with Ragnar was that they were partners," Winnick says. "They were teammates. It was true love." For Gilsig, best known as hissable Terri Schuester on Glee, it was a chance to not only play evil again, but play equally evil to her husband.

"This was a team effort," she says of the two characters. "This is a couple that has come to the highest position you can achieve, and now they have to figure out how to keep it. You have to do that by identifying your enemies and any threat you have, and eliminating them. That can make you unethical and calculated, but it's all in the name of survival."

Actors who lean toward villainous roles will tell you that their secret is playing the character as believing they're in the right, and Gilsig agrees. "Your job as an actor is to always make sense to yourself. Even a serial killer makes sense to themselves."

And while Hirst and her Glee boss Ryan Murphy have obvious differences, they too have obvious similarities.

"Neither (Glee nor Vikings) was written by committee. Neither was responding to network expectations. They were absolutely born of the writer," she explains. "When you have shows written by a single writer it's the greatest feeling because there's such a consistency in the voice and the world. You feel like you can get into step with them."



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The Word

No marble bathtubs for Swift

THE WORD
Dorothy Robinson
scene@metronews.ca

Poor Taylor Swift has come under a lot of fire this week for recent statements in this month's issues of Vanity Fair.

She started a virtual firestorm when she said she didn't appreciate Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes by saying, "You know, Katie Couric is one of my favourite people. She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who don't help other women.'" (Note to Swift: Fey and Poehler are bulletproof; everyone will always take their side for all of eternity. You cannot disparage them to the press, even if you are somewhat right).

Isn't Taylor Swift so famous because she's transparent and her 23-year-old life isn't presented through the sheen of a publicist's spin? What happens if, tired from all of the recent backlash, she decides to zip it up and become as boring as every other starlet out there? That would be a giant shame.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jake Gyllenhaal

Gyllenhaal gets spun right round, baby, right round—by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating "for a month or two," a source tells Us Weekly. The pair met at New York's SpinCycle exercise studio, where Gyllenhaal has been known to work out whenever he's in the city. "He'll hop on the instructor bike," the source says. "He loves the attention from the girls."

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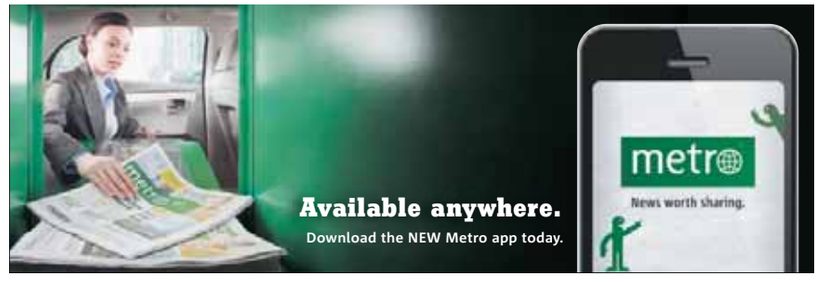

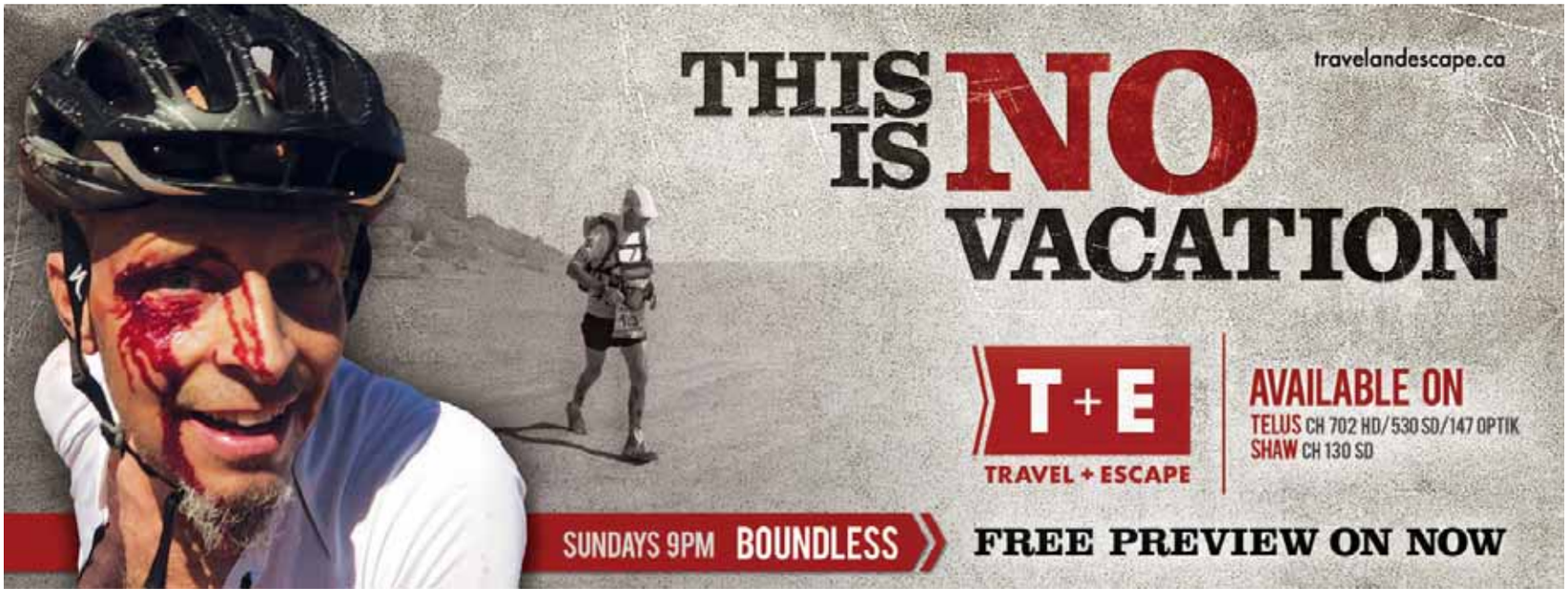

Liquid Assets

Drink outside the glass

LIQUID ASSETS
Peter Rockwell
@therealwineguy
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It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José Maria da Fonseca's 2010 Periquita ($7.95 to $11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Forget the oven, this slow-cooker recipe will impress all lasagna lovers. GAV MARTELL OF YUMMYMUMMYCLUB.CA

A slow-cooked cheesy and meaty sensation

Slow-Cooker Lasagna. All the delicious flavour of the Italian fave, none of the oven

GAV MARTELL
YummyMummyClub.ca

I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to lasagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated

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Coming Up: A Celtic Fest for the masses

Get ready and dust off your kilt and bagpipes for nine straight days of Celtic fun and fervour. There will be no end to the rowdy food, music, drinks and dancing taking place around Vancouver. With special comedy nights, various concerts, Scotch-tasting and the ninth annual St. Patrick's Day Parade providing the ultimate grand finale, it's one festival you don't want to miss. For full schedule listings and venues, visit celticfestvancouver.com.

Celebrate women in style

This weekend, and in conjunction with International Women's Day, celebrate the talented women working in the television and film industry. Now in its eighth year, there will be a number of opportunities to participate in the weekend-long festivities, including screenings, Q&A sessions, meet and greets with industry insiders and gala events, like the Spotlight Awards and Closing Night Awards Ceremony. women-infilm.ca.

Opening Soon: Bestie

Be sure to add the pending opening of Chinatown's latest, Bestie, to your must-try mix. This self-proclaimed "friendly little sausage and beer parlour" is just about ready to welcome discerning Vancouver sausage fanatics into its 25-seat space ... very, very soon. Fuelled by a penchant for good food, co-owners Clinton McDougall and Dane Brown went to work by garnering startup funds through Indiegogo. Expect classic currywurst and German street fare with locally sourced beer on tap. bestie.ca.

Worthy Cause: Fundraiser for Film Shamed – The Girl Who Wouldn't Stay Quiet

Support independent films and be a part of helping an important story get told on the cinematic screen Friday evening. Celebrate at host venue Charqui Grill (1955 Cornwall Ave.). Enjoy delicious food and mingle with other like-minded supporters of Motion for Change. With only $7,000 left to raise, it's a do-good party worth noting. Tickets ($25) filmfair.brownpapertickets.com.

Recently Opened: Lost + Found Cafe

Craving locally-roasted coffee and tasty, fresh baked treats, salads and sandwiches to satiate your appetite? You'll inevitably find what you're looking for at Lost + Found Cafe in Gastown. With its clean, fresh feel and just the right touch of cozy, it has the perfect mix of eclectic cool. Owned by a young creative photographer-turned-social sustainability activist, the space doubles as part gallery to raise funds for The Dirty Wall Project Foundation. 33 West Hastings Street.

Dance the month away

If you haven't had the opportunity to grab tickets to this (almost) month-long festival celebrating an amazing collection of world-class dance performances from around the world, don't delay. Running until March 23, this three-week long festival has amped up their offerings to include new performances, exhibitions and workshops. vidf.ca.

TAKE THE LONG,
LONG, long, Long, LONG
WAY HOME

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SIMPLE WAYS TO BURN CALORIES

You don't need fancy fitness clubs or expensive exercise programs to torch those calories, and it doesn't have to be complicated. Try some of these quick and easy ways to knock off extra calories.

If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles; lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor; repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about $10 to $20. They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes , working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

FIVE FUN WORKOUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

Dance workouts: Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

Swing yoga: Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

Boot camp: Sound scary?These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

Body weight training: No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

Combo workouts: Yogalates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.

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MLS

Hurtado heading in right direction

Erik Hurtado, the Vancouver Whitecaps' first-round, fifth overall pick in the 2013 MLS SuperDraft, and teammate Matt Watson are in the planning stages of releasing a rap song and video on YouTube for this year.

Hurtado loves the genre and has been rapping since high school. So, there is that to look forward to.

On the pitch, the 22-year-old Hurtado gave a glimpse last Saturday into what Whitecaps fans can look forward to.

He demonstrated just how fast he is. But he also showed surprising strength on the ball for a rookie.

He almost scored in the 88th minute.

A Y.P. Lee pass deflected off a Toronto FC defender and right to a wide-open Hurtado in the box, but he put an extra touch on the ball instead of booting it right away, which allowed a Toronto defender to deflect the shot over the goal.

"I was a little off balance and so I just wanted to take a touch and play it safe," said Hurtado Thursday.

"Looking back at the film over and over again, listening to the coaching staff, next time I'm going to hit that the first time and that's what I've been working on all week ... so when that chance happens again I can bury it in the back of the net." CAM TUCKER/METRO

Erik Hurtado at the SuperDraft in Indianapolis on Jan. 13. GETTY IMAGES FILE

Calvert converts to dump Canucks in OT

NHL. Young forward's hard work pays off in Columbus

Blue Jackets goalie Sergei Bobrovsky makes a save as Vinny Prospal and Canucks forward David Booth wait for a rebound on Thursday in Columbus, Ohio. JAY LAPRETE/THE ASSOCIATED PRESS

The Columbus Blue Jackets are getting repaid for working overtime.

Matt Calvert carried the puck almost from end to end, twice avoiding opposing players, skated to the slot and scored on a rising wrist shot to give the Blue Jackets a 2-1 overtime victory over the Vancouver Canucks on Thursday night.

It was Columbus' fifth consecutive overtime game — and the Blue Jackets have won three of them in a row for their longest streak of the season.

"We're starting to learn how to win hockey games," Calvert said with a wide grin.

He took a pass from Fedor Tyutin deep in the defensive zone and chipped the puck along the right boards while twice fighting off defenders. He then went unimpeded to the right hash before ripping the puck high over the glove side of goalie Cory Schneider.

"On their winning goal, both of our guys sort of misstepped there and the guy (Calvert) went around them," said Vancouver coach Alain Vigneault. "He came in all alone against Schneids, so they were able to capitalize on their opportunity."

Calvert has been a revelation as the Blue Jackets have shown grit and hard work despite having the worst record in the Western Conference. No one is beating them badly, as evidenced by the fact they've played 15 games decided by one goal out of their first 24.

On Thursday

Blue Jackets	Canucks
2	1

Calvert has been the poster boy for the hard-working bunch.

"He was strong along the wall and muscled their defenceman who was trying to pinch him off," Columbus defenceman Jack Johnson said. "Then he pulled off and a lot of other guys would have hurried up and tried to force a pass or a shot. But he showed great patience and made a great shot."

In scoring his fourth goal of the season, Calvert made it sound almost boring.

"It was kind of a broken play off the start," he said. "I got the puck by the D-man and then I saw some open ice in the middle, so I went there and saw an opening high glove side. I raised the puck and luckily it went in."

Sergei Bobrovsky had 34 saves and R.J. Umberger also scored for the Blue Jackets, who with a new director of hockey operations (John Davidson) and a new GM (Jarmo Kekalainen) are trying to turn things around. They have three first-round picks in this summer's draft.

Down 1-0 going into the third period, the Canucks, who lead the Northwest Division but are just 1-3-2 in their last six games, evened things after just over a minute.

Dan Hamhuis's pass from the left wing appeared to hit a couple of players before it bounced to the right doorstep, where Henrik Sedin was waiting. He lifted the puck above a sprawling Bobrovsky for his fifth goal of the season, extending his points streak to six games. Sedin has three goals and five assists during the streak. THE ASSOCIATED PRESS

By the numbers

3-6

Columbus improved to 4-4 in overtime this season, while the Canucks fell to 3-6.

A fan works the crowd in front of BC Place prior to the start of the 99th Grey Cup between the B.C. Lions and Winnipeg Blue Bombers on Nov. 27, 2011. Vancouver is expected to be named the host city of the 2014 Grey Cup on Friday. JEFF VINNICK/GETTY IMAGES FILE

BC Place expected to be named 2014 Grey Cup site

The B.C. Lions will make an announcement on Friday, and it's expected to be made official that BC Place will be named the host site of the 2014 Grey Cup.

Numerous media outlets reported Thursday that sources had confirmed the 2014 Grey Cup game will be coming back to Vancouver.

A CFL spokesperson said the league had no comment prior to the announcement.

The Lions confirmed last month they had made a bid to host the Grey Cup.

The Pavco Service Plan, released last month, stated a business development expense for the 2013 fiscal year included a cost of $2.7 million to secure the rights for an event in 2014.

The same document also noted a $2.7-million contribution for the 2014 Grey Cup.

The 2011 Grey Cup was also held in Vancouver, at the newly renovated BC Place.

The Lions won the game 34-23 over the Winnipeg Blue Bombers for their sixth championship in franchise history.

This year's Grey Cup game will be held in Regina.

CAM TUCKER/METRO

4 SPORTS

Mid-season awards: Vancouver edition

Daniel Sedin jumps to avoid a shot on goal saved by San Jose Sharks goalie Antti Niemi on Monday. The forward has been putting up nearly identical numbers to his brother, Henrik, but his advantage in the goals column (eight to Henrik's five) makes him the Canucks' most valuable player at mid-season. DARRYL DYCK/THE CANADIAN PRESS

THE HOCKEY NEWS
Edward Fraser
vancouver@metronews.ca

It seems like just yesterday the closest thing to a "faceoff" referred to the tête-à-tête between Bettman & Co. and Fehr & Co., but suddenly we're nearly 24 games into this season and the lockout seems like ages ago. Seems like a good time to hand out some halfway-point awards ...

MVP: Prior to the return of Ryan Kesler, I may very well have given this award to Zack Kassian, who was doing a little bit of everything before seeing his ice time slashed when Kesler returned (admittedly Kassian hadn't scored in five games prior and hasn't scored since, going goalless in his past 15 overall). I'll give the nod to Daniel Sedin over Henrik based on Daniel's eight goals compared to Henrik's five. Otherwise — and no surprise here — the pair's totals are eerily similar: 23 games played; 23 points; 19 vs. 20 minutes of average ice time.

Rookie: It's an uncontested honour as he's the only freshman to play for Vancouver this year, but Jordan Schroeder is deserving of a mention. His numbers (two goals, five points) don't reflect his efforts. He's used his speed and smarts to create opportunities and, despite his five-foot-eight, 175-pound frame, he hasn't been pushed around (except at the faceoff dot, where he was a dreadful 44.8 per cent going into Thursday's game).

Defenceman: A tough one to pick as Dan Hamhuis, Alex Edler, Kevin Bieksa, Jason Garrison and even Chris Tanev has taken a turn as the team's best. Though Hamhuis has been the most consistent of the quintet, my vote goes to Bieksa, currently out with a groin injury, for the way he's stood out both on the scoreboard (leads the D and is fifth on the team with five goals) and in the physicality department.

Goalie: Another conundrum considering the similarity in numbers between Cory Schneider (6-4-3, 2.52 goals-against average, .913 save percentage, one shutout) and Roberto Luongo (5-2-3, 2.19 GAA, .912 SP, two SO), but if it's Game 7 tomorrow, I'm going Lu. His highs have been higher and his lows less frequent. This, of course, makes the 28 days leading up to the trade deadline that much more interesting.

MVP

Prior to the return of Ryan Kesler, I may very well have given this (MVP) award to Zack Kassian.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	45	14	.763	—
New York	37	22	.627	8
Indiana	38	23	.623	8
Brooklyn	35	26	.574	11
Atlanta	34	26	.567	11½
Chicago	34	27	.557	12
Boston	33	27	.550	12½
Milwaukee	30	29	.508	15
Toronto	**24**	**38**	**.387**	**22½**
Philadelphia	23	37	.383	22½
Detroit	23	40	.365	24
Cleveland	21	40	.344	25
Washington	19	40	.322	26
Orlando	17	45	.274	29½
Charlotte	13	48	.213	33

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	48	14	.774	—
Oklahoma City	45	16	.738	2½
L.A. Clippers	44	19	.698	4½
Memphis	40	19	.678	6½
Denver	40	22	.645	8
Golden State	35	27	.565	13
Houston	33	29	.532	15
Utah	32	29	.525	15½
L.A. Lakers	31	31	.500	17
Portland	28	32	.467	19
Dallas	27	33	.450	20
Minnesota	21	37	.362	25
Phoenix	21	40	.344	26½
New Orleans	21	41	.339	27
Sacramento	21	42	.333	27½

Note: division leaders ranked in top three positions regardless of winning percentage.

THURSDAY'S RESULTS
Oklahoma City 95 New York 94
L.A. Clippers at Denver

FRIDAY'S GAMES — All Times Eastern
Oklahoma City at Charlotte, 7 p.m.
Indiana at Orlando, 7 p.m.
Memphis at Cleveland, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
Washington at Brooklyn, 7:30 p.m.
Utah at Chicago, 8 p.m.
Atlanta at Boston, 8 p.m.
Philadelphia at Miami, 8 p.m.
Portland at San Antonio, 8:30 p.m.
Phoenix at Sacramento, 10 p.m.
Toronto at L.A. Lakers, 10:30 p.m.
Houston at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	16	8	0	86	71	32
New Jersey	24	11	8	5	59	67	27
NY Rangers	22	12	8	2	57	54	26
NY Islanders	24	10	11	3	71	80	23
Philadelphia	25	11	13	1	72	77	23

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	24	15	5	4	75	61	34
Boston	21	15	3	3	64	48	33
Toronto	25	15	10	0	75	65	30
Ottawa	24	12	8	4	56	49	28
Buffalo	25	9	13	3	65	80	21

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	23	13	9	1	69	66	27
Winnipeg	23	11	11	1	58	69	23
Washington	22	10	11	1	66	63	21
Tampa Bay	24	10	13	1	82	75	21
Florida	24	7	12	5	60	90	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	21	0	3	78	46	45
Detroit	24	12	8	4	66	60	28
St. Louis	23	12	9	2	70	70	26
Nashville	23	9	9	5	47	59	23
Columbus	24	8	12	4	55	70	20

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	23	11	6	6	64	63	28
Minnesota	22	11	9	2	52	56	24
Calgary	21	9	8	4	61	69	22
Edmonton	23	8	10	5	54	65	21
Colorado	22	8	10	4	53	65	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	16	3	3	77	60	35
Los Angeles	21	12	7	2	60	52	26
San Jose	22	11	7	4	51	50	26
Phoenix	24	11	10	3	70	71	25
Dallas	22	11	9	2	61	63	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

THURSDAY'S RESULTS
New Jersey 3 Buffalo 2 (SO)
Montreal 4 Carolina 2
Columbus 2 Vancouver 1 (OT)
Pittsburgh 5 Philadelphia 4
NY Rangers 2 NY Islanders 1 (OT)
Boston 4 Toronto 2
Washington 7 Florida 1
Detroit 3 Edmonton 0
Winnipeg 2 Tampa Bay 1
St. Louis 6 Phoenix 3
Dallas at Los Angeles

WEDNESDAY'S RESULTS
Toronto 5 Ottawa 4
Chicago 3 Colorado 2
Calgary 4 San Jose 1
Anaheim 2 Phoenix 0

FRIDAY'S GAMES — All Times Eastern
Ottawa at NY Rangers, 7 p.m.
Winnipeg at Florida, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Chicago at Colorado, 9 p.m.
Calgary at Anaheim, 10 p.m.

SATURDAY'S GAMES
Washington at NY Islanders, 1 p.m.
Philadelphia at Boston, 1 p.m.
Detroit at Columbus, 2 p.m.
St. Louis at San Jose, 4 p.m.
Pittsburgh at Toronto, 7 p.m.
Montreal at Tampa Bay, 7 p.m.
New Jersey at Carolina, 7 p.m.
Minnesota at Nashville, 8 p.m.
Dallas at Phoenix, 8 p.m.
Calgary at Los Angeles, 10 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Columbus	1	0	0	3	0	3
Kansas City	1	0	0	3	1	3
Houston	1	0	0	2	0	3
Montreal	1	0	0	1	0	3
New York	0	0	1	3	3	1
Philadelphia	0	1	0	1	3	0
New England	0	0	0	0	0	0
Toronto FC	0	1	0	0	1	0
D.C.	0	1	0	0	2	0
Chicago	0	1	0	0	4	0

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Los Angeles	1	0	0	4	0	3
Real Salt Lake	1	0	0	2	0	3
FC Dallas	1	0	0	1	0	3
Vancouver	1	0	0	1	0	3
Portland	0	1	0	3	3	1
Seattle	0	1	0	0	1	0
Colorado	0	1	0	0	1	0
San Jose	0	1	0	0	2	0
Chivas USA	0	1	0	0	3	0

SATURDAY'S GAMES — All Times Eastern
Kansas City at Toronto FC, 1:30 p.m.
Philadelphia at Colorado, 6 p.m.
Real Salt Lake at D.C., 7 p.m.
Columbus at Vancouver, 7:30 p.m.
New England at Chicago, 7:30 p.m.
Montreal at Portland, 10:30 p.m.

SUNDAY'S GAMES
FC Dallas at Chivas USA, 5 p.m.
New York at San Jose, 10 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

♉ Taurus
April 21 - May 21
What would you do if you knew that success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

♊ Gemini
May 22 - June 21
A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

♋ Cancer
June 22 - July 23
You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

♌ Leo
July 24 - Aug. 23
Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

♍ Virgo
Aug. 24 - Sept. 23
You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

♎ Libra
Sept. 24 - Oct. 23
You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

♏ Scorpio
Oct. 24 - Nov. 22
Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

♐ Sagittarius
Nov. 23 - Dec. 21
There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

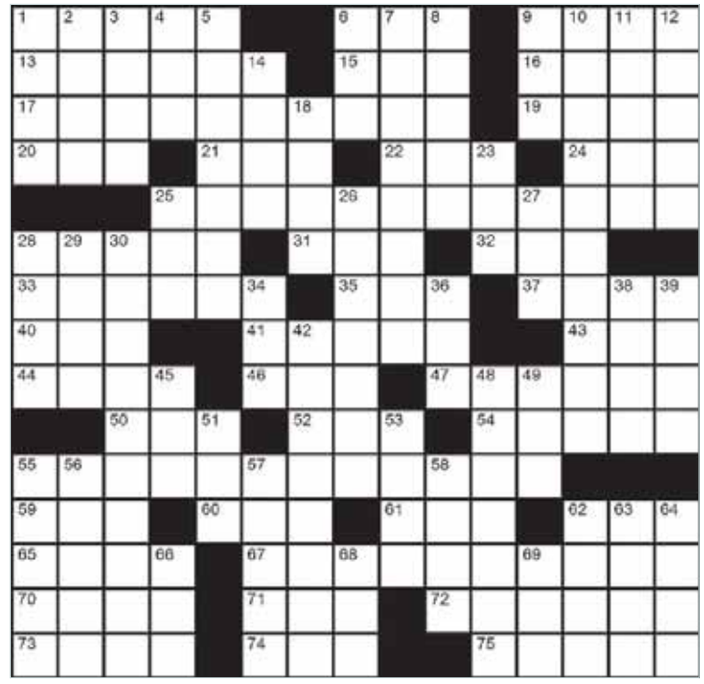
♑ Capricorn
Dec. 22 - Jan. 20
You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

♒ Aquarius
Jan. 21 - Feb. 19
You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

♓ Pisces
Feb. 20 - March 20
You have so much energy but what are you going to do with? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. SALLY BROMPTON

Crossword: Canada Across and Down

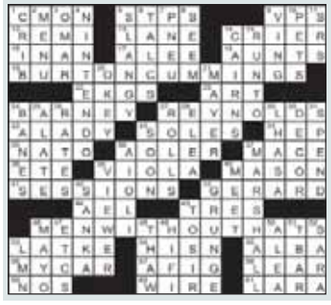
BY KELLY ANN BUCHANAN



Across
1. Acknowledge
6. Suppositions
9. "Fly __ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's "__ __ Report"
19. Mona __ (Painting)
20. Mil.'s special __
21. Before
22. JT's "Suit & __"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The __"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawk
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie†projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for __ Barry
60. Org. in "Michael Colet al.
61. Shakespearean word
62. Mr. Vigoda
65. "__ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn __ Trophy
73. Idol alum
74. Halifax hrs.
75. Wests opposites

Down
1. Prefix to 'phobia' (Fear of heights)
2. Leaky faucet sound
3. Big __ (McDonald's burgers)
4. Pen's content
5. Fantastical play by Shakespeare, The __
6. Winter/Summer games org.
7. The Bounty mutineer, __ Christian
8. Prefix to 'comedy' (Comedic drama)
9. Hole-punching tool
10. Yukon capital
11. Pantheon of Norse gods
12. "The Wonder __"
14. What will be, will be... when doubled, it follows Que
18. Got, as a parcel [abbr.]
23. Bad __ (German spa resort)
25. Actress Ms. Arthur, for short
26. Tributes
27. Mr. Dylan
28. Rabbit-style tail
29. Region
30. __ __ __ pipeline (News-making project)
34. Paranormal power, briefly
36. Writer Mr. Tolstoy
38. Kite part
39. Barn birds
42. "Breakfast at __" (1961)
45. __ de cologne
48. Suppose
49. X
51. Printer resolution meas.
53. Give out
55. Martin Short character, Jiminy __
56. Ruler: French
57. 'Pan' add-on (Scene)
58. Vitalities
62. __ & Sciences
63. Thailand currency
64. Views
66. Tellies
68. Negative word
69. Scandinavian rug

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		3				9		7
	4		6		7		8	
7								6
		1	4		6	3		
	7						6	
		2	5		9	1		
9								3
	1		8		2		9	
2		7				4		8

Yesterday's Sudoku

5	4	8	7	2	3	9	1	6
3	6	9	1	4	5	7	8	2
7	2	1	9	6	8	3	4	5
2	9	5	3	1	4	6	7	8
4	1	7	6	8	9	5	2	3
6	8	3	2	5	7	1	9	4
9	5	2	4	7	6	8	3	1
1	3	6	8	9	2	4	5	7
8	7	4	5	3	1	2	6	9

Today
9°/3°
Partly cloudy

Saturday
9°/5°
Partly cloudy

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Barcelona	from $1129
Bangkok	from $1199
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Tokyo	from $1349
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UPGRADE to 4-star accom from $15 per night.

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San Diego Air + 3 Nights — from $634
INCLUDES accom next to a golf course.
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ADD San Diego Zoo admission from $52.

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Punta Cana 7 Nights 4-Star — from $1245

Jamaica 7 Nights 4-Star — from $1322

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INCLUDES Village accom and 2-day lift ticket to ski Big White.

Toronto Air + 4 Nights — from $689
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Europe

Paris & Amsterdam
Air + 8 Nights
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INCLUDES all airfare, 4 nights central Paris accom and 4 nights Amsterdam accom near the Theatre District.

Iceland Air + 7 Nights — from $1399
INCLUDES accom near the main shopping street of Reykjavik. **ADD** whale watching and Blue Lagoon tour from $133.

London Air + 6 Nights — from $1414
INCLUDES central accom near Russell Square.
ADD Red Rover Thames hop-on hop-off tour from $15.

Rome Air + 7 Nights — from $1709
INCLUDES accom near Termini Station.
BONUS daily breakfast included.
ADD Colosseum and city tour from $50.

Istanbul Air + 7 Nights — from $1719
INCLUDES Beyoglu area accom near activities.

Munich & Berlin
Air + 8 Nights — from $1739
INCLUDES all airfare, 4 nights Munich accom and 4 nights Berlin accom.

Greece
Air + 4 Nights + 8-Day Tour — from $2688
INCLUDES 4 nights central Athens accom and 8-day sailing tour.

South Pacific

Auckland
Air + 8 Nights 4-Star
from **$1729**
INCLUDES central accom.
ADD 8-day car rental from $164.

Fiji Air + 7 Nights — from $1759
NCLUDES accom in a Coral Coast beachfront resort.
ADD Whale's Tale full day cruise from $142.

Australia Air + 7 Nights — from $1969
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